

Friends and Neighbors,

It is once again our pleasure to provide with you the newest edition of the Natick Common Guide.

Packed full of an ever-expanding array of learning opportunities for you and your family, the coming winter season is one we hope will inspire you to connect with others, learn something new, or build a new skill.

*Perspectives* – classes designed with working adults in mind – continues to be a primary focus for the Department as we work hard to offer new ways for you to engage. *Perspectives* – learning opportunities are scheduled in the evenings and on Saturdays, the feature topics and activities that are sure to inspire. Please do put one of these courses on your to-do list for the new year!

On behalf of the wonderful team here at Community Services, we wish you a healthy and happy 2015.



Jemma Lambert, Director  
Community Services Department

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# Directories

## COMMUNITY DIRECTORY

Affordable Housing (508) 647-6428

### Bay Path Elder Services

Meals on Wheels (508) 573-7200

Natick Cultural Council (508) 277-2470

Emergency Shelter (SMOC) (508) 872-4853

Family Resources of Natick (508) 655-2557

### Food Pantries

A Place to Turn (508) 655-8868

Natick Service Council (508) 655-1791

Food Stamps (DTA) (508) 661-6600

JFK Transportation (508) 653-4500

Kids Connect (508) 652-4211

Leonard Morse Hospital (508) 650-7000

MetroWest Legal Services (508) 620-1830

MetroWest Medical Center (508) 383-1000

MWRTA The RIDE (508) 820-4650

MWRTA Bus (508) 935-2222

Natick Cab (508) 653-2300

Natick Center Associates (508) 650-8848

Natick Community Organic Farm (508) 655-2204

Natick Housing Authority (508) 653-2971

Natick Services Council (508) 655-1791

NSTAR (800) 592-2000

Pegasus (Local TV) (508) 651-0022

Psychiatric Emergency Services (508) 872-3333

Salvation Army (508) 875-3341

TCAN (508) 647-0097

Walnut Hill School (508) 650-5020

## NATICK MUNICIPAL NUMBERS

### FEE REDUCTION PROGRAMS:

EARNED INCOME TAX CREDIT (508) 647- 6519

ELDER & DISABLED TAXATION FUND (508) 647- 6420

PROPERTY TAX EXEMPTIONS (508) 647- 6420

PROPERTY TAX REDUCTION: SENIORS (508) 647- 6540

PROPERTY TAX DEFERRAL PROGRAM (508) 647- 6420

SCHOOL FEE ASSISTANCE (508) 647- 6493

WATER/SEWER ASSISTANCE (508) 647- 6420

ANIMAL CONTROL (508) 647- 9545

BACON FREE LIBRARY (508) 653- 6730

BOARD OF SELECTMEN (508) 647- 6410

BUILDING INSPECTOR (508) 647- 6450

### CASE MANAGEMENT:

**ACCESS TO BENEFIT PROGRAMS** (508) 647- 6540

CLERK, TOWN (508) 647- 6430

COLLECTOR/TREASURER (508) 647- 6425

COMMISSION ON DISABILITY (508) 647- 6519

**COMMUNITY SERVICES DEPARTMENT** (508) 647- 6540

COUNCIL ON AGING (508) 647- 6540

HUMAN SERVICES (508) 647- 6519

NATICK COMMUNITY ORGANIC FARM (508) 655- 2204

RECREATION AND PARKS (508) 647- 6530

VETERANS' SERVICES (508) 647- 6545

CONSERVATION COMMISSION (508) 647- 6452

ENGINEERING (508) 647- 6551

FACILITIES DEPARTMENT (508) 647- 6504

FIRE DEPARTMENT (508) 647- 9551

HEALTH DEPARTMENT (508) 647- 6460

HIGHWAY (508) 647- 6562

MORSE INSTITUTE LIBRARY (508) 647- 6520

PLANNING BOARD (508) 647- 6450

POLICE DEPARTMENT (508) 647- 9500

PROPERTY ASSESSMENT (508) 647- 6420

PROPERTY TAXES (508) 647- 6420

PUBLIC WORKS DEPARTMENT (508) 647- 6550

AFTER HOURS EMERGENCY (508) 647- 6550

RECYCLING CENTER (508) 647- 6562

REGISTRAR (508) 647-6459

SANITATION (508) 647-6562

TOWN ADMINISTRATOR (508) 647-6410

TOWN CLERK (508) 647-6430



Natick Gazebo on the Common.  
Photo credit: Allison Goldman



# Transportation



Photo Credit: Scott Terrasi

## 2015 SENIOR PARKING PERMITS

Senior citizen parking permits are available (for non-commercial vehicles) to Natick residents age 65 and older for a \$2.00 fee. Parking permits are available for purchase at the Community-Senior Center (CSC). The permit will allow a Natick senior to park at a meter in downtown Natick for a maximum of two hours or less based on time allowed on the meter. Permits are for calendar year only. New permits for 2015 will be available in January. Call the CSC at (508) 647-6540 for information.

## TRANSPORTATION PROGRAM

Did you know that we have volunteers who can drive you to your medical appointments at no cost to you? Natick Human Services & Council on Aging has a wonderful transportation program designed to help Natick's seniors and people with disabilities get to their appointments on time. Call the CSC at (508) 647-6540 for information.

## TRANSPORTATION VOLUNTEERS

Transportation volunteers are needed to provide rides for clients to appointments or errands. The volunteer must have their own car. This opportunity has a great deal of flexibility and provides a wonderful chance to meet new people. Call the CSC at (508) 647-6540 for information or to volunteer. See page 11 for additional information.

## JUST A REMINDER

A CSC reminder that people with handicap placards are free to park anywhere in the parking lot. They need not limit themselves to a handicapped spot if they find a non-handicapped spot closer to the building. Also be aware that **all** the spots that run parallel to the building in the front are now marked for handicapped parking only.



Visit Us on Facebook  
Natick Community Services

## At the Movies

Details and movie descriptions available at CSC.

**All movies are free.** Call (508) 647- 6540 for more information.

### MONDAY FILMS

**Location: CSC: showtimes 12:30 & 5:30pm**

Dates	Film
December 1:	<i>Iron Man</i>
December 8:	<i>The Butler</i>
December 15:	<i>Out of the Furnace</i>
December 22:	<i>Ride Along</i>
December 29:	<i>Enough Said</i>
<b>January start times will be 1:00 &amp; 5:30pm</b>	
January 5:	<i>The Fault in Our Stars</i>
January 12:	<i>Iron Man 2</i>
January 19:	<b>CLOSED, Martin Luther King Day</b>
January 26:	<i>Oceans 11</i>
February 2:	<i>Iron Man 3</i>
February 9:	<i>Dr. No</i>
February 16:	<b>CLOSED, PRESIDENTS' DAY</b>
February 23:	<i>Gone Baby Gone</i>

### WEDNESDAY FILMS

**Location: CSC: start times 1:00 & 5:30pm**

Dates	Film
December 3:	<i>Frances Ha</i>
December 10:	<i>O'Brother, Where Art Thou</i>
December 17:	<i>Railway Man</i>
December 24:	No Movie
December 31:	No Movie
January 7:	<i>The Maltese Falcon</i>
January 14:	<i>A Fistful of Dollars</i>
January 21:	<i>The Past</i>
January 28:	<i>Sabrina</i>
February 4:	<i>Rear Window</i>
February 11:	<i>Life is Beautiful</i>
February 18:	<i>The China Syndrome</i>
February 25:	<i>I Loved You So Long</i>

### THURSDAY FILMS

**Location: CSC: showtimes 1:00 & 5:00pm through December**

December 4:	<i>Crazy Heart</i>
December 11:	<i>The Great Gatsby</i>
December 18:	<i>Much Ado About Nothing</i>
December 25:	<b>CLOSED, CHRISTMAS DAY</b>
<b>January start times will be 1:00 &amp; 5:30pm</b>	
January 1:	<b>CLOSED, NEW YEARS DAY</b>
January 8:	<i>Chef</i>
January 15:	<i>Last King of Scotland</i>
January 22:	<i>Baggage Claim</i>
January 29:	<i>A Long Way Down</i>
February 5:	<i>About Time</i>
February 12:	<i>The Help</i>
February 19:	<i>The Men Who Stare at Goats</i>
February 26:	<i>Need for Speed</i>

# Trips



## COLLETTE VACATION TRIPS

Please call Collette Travel, 1-800-852-5655, and give the representative the tour reservation number associated with the trip for which you would like to get further information. Brochures are available at the CSC.

- **TRAINS, WINERIES AND TREASURES OF NORTHERN CALIFORNIA**

April 13-21, 2015  
(800) 852-5942  
reservation # 595038

- **SHADES OF IRELAND**

May 12-21, 2015  
(800) 852-5942  
reservation # 643754

- **CANYON COUNTRY FEATURING ARIZONA & UTAH**

September 17-25, 2015  
(800) 852-5942  
reservation # 643758

**FROM THE OUTBACK TO THE GLACIERS, AUSTRALIA & NEW ZEALAND –**

November 12- December 3, 2015  
(800) 852-5942  
reservation # 643781

**Call (800) 852-5655 for more information.**



## CELEBRATE ST. PATRICK'S DAY WITH THE REAGLE PLAYERS

Join us for the Natick Community-Senior Center trip on Saturday, March 14 , to see the Reagle Players of Waltham and 'A Little Bit of Ireland' matinee show. The bus departs the Community-Senior Center, 117 East Central St, Natick at noon for an Irish lunch followed by a rousing show with Harney Academy Irish Step Dancers, music with MA Harp Ensemble members, Irish tunes, songs, humor and stories. Pure Celtic heartwarming magic! Cost is \$79 per person, cash or check payable to 'Town of Natick' due upon registration.

## Community



### SNOW DAYS

If Natick schools are closed due to weather, all programs and activities at the CSC are cancelled. The CSC staff will be in the office as travel conditions allow. However, if the Natick Town Hall closes then the CSC will close as well.

### BUILDING SCHEDULE COMMUNITY-SENIOR CENTER

#### December

Wednesday, December 24, close at 2:00pm  
Thursday, December 25, Christmas – CLOSED  
Friday, December 26 – CLOSED  
Wednesday, December 31, close at 2:00pm

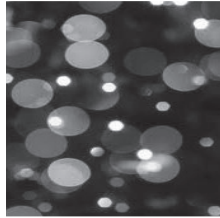
#### January

Thursday January 1 – CLOSED  
Friday January 2 – CLOSED  
Monday, January 19, MLK Day – CLOSED

#### February

February 16, Presidents' Day – CLOSED

# Community



## HOLIDAY LIGHTING AND FESTIVITIES ON THE COMMON

Sunday, November 30

Time: 2:30-4:45pm

The Town of Natick and the Natick Center Associates will "Light up" Downtown and the Common with festive activities, music and lights. (Not to mention Santa!) Details will be available through the schools and local newspapers. FREE to the Public.



## MAPLE MAGIC PAST AND PRESENT AT NATICK COMMUNITY ORGANIC FARM

### PANCAKE BREAKFAST

8 AM-11 AM @ Memorial School, across from NCOF

Wheat and glutenfree pancakes & real syrup

Live band, Agricultural demonstrations, Raffle

Members \$8, kids 4-8, \$4

Nonmembers \$10, kids 4-8, \$5

free for children under 3

### SUGARING TOURS

9 AM -3 PM at NCOF

Native American, Colonial, and Modern-Day

sugaring demonstrations

Lunch and snacks for sale

\$7 per person, \$6 with breakfast admission

free for babes in arms

*Walk, bike, or take our shuttle from the South Natick baseball fields  
and save \$1 off admission.*

## MEET YOUR SELECTMEN BAGELS WITH THE BOS

**Come Meet Your Selectmen, 9:00am**

Thursdays, Dec 18, Jan 22, Feb 26

Enjoy conversation with your members  
of the Natick Board of Selectmen.



## BECOME A FRIEND OF THE NATICK SENIOR CENTER

The Friends of the Natick Senior Center run the Lincoln Cafe, the CSC gift shop and the Holiday Bazaar fundraiser. In addition, they help offset the costs of promoting programs at the CSC by paying the Common Guide postage and the Sentinel newsletter. You can become a Friend for \$10. annually. Call the CSC today at (508) 647-6540 for more information.

Don't forget to visit the CSC website at [www.natickma.gov/community-services](http://www.natickma.gov/community-services) or our facebook page at <https://www.facebook.com/natickcommunityservices/>

## BIRTHDAY PARTIES At the CSC

Birthday celebrations are now going to be held on the 3rd Friday of the month, and will be sponsored by the Friends of the Natick Community-Senior Center! Come and celebrate with us! Cake, ice cream and fun! Dec 19, Jan 16, Feb 20, at 1:30pm. Call the CSC at (508) 647-6540 to register or online at [www.myactivecenter.com](http://www.myactivecenter.com).

*"Surviving is important.  
Thriving is elegant."  
~ Maya Angelou*

# Connections

## ALL YOU EVER WANTED TO KNOW ABOUT THE COMMUNITY-SENIOR CENTER

**Instructor:** Debbie Budd, Outreach Coordinator

Once a month on Thursday. Call the CSC at (508) 647-6540 to register or online at [www.myactivecenter.com](http://www.myactivecenter.com).

## LEGAL CONSIDERATIONS FOR DEALING WITH YOUR HOME AS YOU AGE

**Instructor:** Attorney Tim Loff

**Location:** CSC

Elder Attorney Tim Loff will look at how to access the equity in your home for your healthcare needs, planning to protect your home from healthcare expenses like nursing home costs and other considerations including: Asset Protection, Life Estate Deed, Irrevocable Income Only Trust, Long-Term Care Insurance, Reverse Mortgage, and Disability.

Day	Times	Dates	Price
Mon	2:00-3:30pm	2/23	free

## BASIC ESTATE AND HEALTHCARE PLANNING FOR ELDERS

**Instructor:** Attorney Tim Loff

**Location:** CSC

Elder Attorney Tim Loff will look at how to protect yourself during your "Golden Years" and other considerations including: Wills, Trusts, Health Care Proxies, Power of Attorney, Living Wills, Medical Privacy Forms, Burial Directives.

Day	Times	Dates	Price
Mon	2:00-3:30pm	2/9	free

## ASK AN ATTORNEY

**Instructor:** Attorney Julie McQuade Ladimer

**Location:** CSC

Private appointments are available with an elder law attorney at the CSC. Appointments will be scheduled every 15 minutes. Bring your legal questions to an experienced elder law attorney who will provide individual legal advice and/or appropriate referrals. By appointment.

Day	Times	Dates	Price
On-going	variable	variable	free

Call the CSC (508) 647-6540 for an appointment.

## BAGELS WITH THE BOS

**Location:** CSC

Enjoy conversation with members of the Natick Board of Selectmen. Bagels provided by Whitney Place.

Day	Times	Dates	Price
Thu	9:00am	12/18, 1/22, 2/26	free

## REPRESENTATIVE LINSKY'S OFFICE HOUR

**Location:** CSC

Day	Times	Dates	Price
Mon	9:30am	TBD	free

Call for dates (508) 647-6540

## COFFEE AND CURRENT EVENTS

**Instructor:** Joe Weiss

**Location:** CSC

Discuss international, national, state and local issues of the day with Joe Weiss, the Host of *Conversations on the Natick Cable* – Government Channel. Joe serves on the Natick Safety Committee and on the MBTA Advisory Board. Former state agency Public Information Officer, Joe is a 30-year resident of Natick.

Day	Times	Dates	Price
Fri	10:30am	12/19, 1/23 & 2/ 27	free

Call the CSC at (508) 647-6540 to register in advance or online at [www.myactivecenter.com](http://www.myactivecenter.com).

## AGING MASTERY SERIES

### SENIORS

### REIMAGINING TECHNOLOGY CONSUMERS

**Wednesday, December 3,  
2:00-3:30pm, Free**

We will explore how recent innovations are often "packaged" to target specific age groups and how this approach limits the capabilities of technologies to improve the well-being of older adults. I will also discuss MIT's AgeLab studies that show older adults are both able and excited to use the latest technology when it is properly presented to them.

Presenter, Angelina Gennis, is a research associate at the Massachusetts Institute of Technology AgeLab. She is Principal Investigator for the AgeLab Health & Wealth Study, an exploration of generational differences in perceptions and preparation for physical aging as well as retirement planning. Her projects span transportation, financial planning, consumer information-seeking and public health behavior. Angelina holds a Masters in Public Health from Brown University.

*Note: This program is the final program of the Aging Mastery Series. All are welcome to attend. Pre-registration required. We also welcome CEO of MetroWest Medical Center, Barbara Doyle as our special guest and sponsor of this program developed by the National Council on Aging.*

## APPRECIATION

Thank you to MetroWest Medical Center for their support and sponsorship of the Aging Mastery Program at the Council on Aging this past fall. Developed by the National Council on Aging, this 8 week class is dedicated to helping seniors live healthier, active lives. Professional presenters, incentives and educational materials make this a well-liked and successful endeavor for all!



# Clinics

## Medical Clinics & Blood Drive at the CSC

### RED CROSS BLOOD DRIVES

Day	Times	Dates	Price
Mon	2:00-7:00pm	12/ 15, 1/12, 2/9	free

Please book an appointment for your donation by calling  
**1-800-REDCROSS** (733.2767) or visit [www.redcrossblood.org](http://www.redcrossblood.org).

### BLOOD PRESSURE CLINICS

**Appointment required. FREE**

Provided by the Natick VNA and Distinguished Care Options and Long-Term Solutions

Day	Times	Dates
Wed	1:30pm	12/10, 1/14, 1/28, 2/11, 2/25

Call the CSC (508) 647-6540 to register.

### PODIATRY CLINIC WITH DR. JOHN

**Appointment required\***

Day	Times	Dates	Price
Wed	9:00am-12:00pm	12/10, 1/14, 2/11	*

**\* Fee will apply**

Call the CSC (508) 647-6540 to schedule an appointment.

### 'THE NURSE IS IN'

**Instructor: Natick VNA and Distinguished Care Options**

The nurse is available to discuss any health conditions or concerns.

Day	Times	Dates	Price
Thu	1- 2:00pm	weekly	free

# Connect

## LOOKING FOR A GOOD BOOK – to read or to give . . .

**Holiday gift ideas for the book lover on your list!**

**Presenter: Lorna Ruby**

**Location: CSC**

Join Lorna Ruby, who has worked in the book business for over 30 years as she brings a sampling of new books. She'll talk about the hot new fiction titles, gift books and holiday selections. Perfect for the book lover or if you're looking for a holiday gift. Expert recommendations from a book expert and booklover. She is currently the lead book buyer at local independently owned Wellesley Books.

Day	Times	Dates	Price
Wed	1-2pm	Dec 3	free

Call the CSC at (508) 647-6540 to register or online at [www.myactivecenter.com](http://www.myactivecenter.com).

## RIGHTSIZING YOUR MOVE: REAL ESTATE MOVES FOR 50+

**Presenter: Daryl Lippman**

**Location: CSC**

Is it time for you to make a real estate move? Learn to navigate your head, heart and home. This program presented by Daryl Lippman, Senior Real Estate Specialist for the 50+ population who find themselves in transition with their living space.

Day	Times	Dates	Price
Fri	2-3pm	Jan 9	free

Call the CSC at (508) 647-6540 to register or online at [www.myactivecenter.com](http://www.myactivecenter.com).

## TIPS AND INFORMATION ON BETTER WELLNESS IN SLEEP

**Presenter: Brian Murphy, Supervisor at MetroWest Medical Center**

**Sleep Disorders Center**

**Location: CSC**

Have you ever had problems sleeping? Join Brian as he talks about sleep changes that occur as part of the aging process along with tips on getting a better sleep and debunking myths.

Day	Times	Dates	Price
Wed	2-3:30pm	Jan 14	free

Call the CSC at (508) 647-6540 to register or online at [www.myactivecenter.com](http://www.myactivecenter.com).



*"And hand in hand, on the edge of the sand,  
They danced by the light of the moon."*

*~ Edward Lear,*

*The Owl and the Pussycat*

# Connect

## A LOOK AT CURRENT EVENTS IN OUR WORLD

**Jan 22** – A Close Analysis of the Leading Story on the Middle East Conflict

**Jan 29** – Hot Topic in Current Events –Topic TBA

**Presenter:** Larry Lowenthal

**Location:** CSC

Dr. Lawrence Lowenthal, the recently retired National Senior Advisor to the American Jewish Committee in partnership with Sage Educational Services, will present these programs. Dr. Lowenthal's wide-ranging experience includes serving a tour of duty in the Israeli army, teaching English and American Literature at Hebrew University in Jerusalem, and offering a variety of courses in the Greater Boston area on Jewish history, film, literature, and humor.

Day	Times	Dates	Price
Thurs	7-8:00pm	Jan 22 & 29	\$15/class /\$30 for both

Register at CSC, (508) 647-6540. Cash or check due upon registration.

## BECOMING AMERICA: 1776-1800

**Presenter:** Gary Hylander

**Location:** CSC

Join us as we discuss the events, personalities and politics that led to the drafting of the Declaration of Independence and the outbreak of the American Revolution. "A standing miracle" is how Washington would forever describe the colonial victory over Britain in 1783. The Constitutional Convention, the presidencies and politics of the Washington and Adams administrations will also be discussed as America struggled to assert itself as the world's first nation dedicated to the "life, liberty and pursuit of happiness" of its citizens. A 3-class series with historian and teacher Gary Hylander.

Day	Times	Dates	Price
Wed	4-5:00pm	Feb 4, 11, 18	\$45

Register at CSC, (508) 647-6540. Cash or check due upon registration.

## CONQUER THE CLUTTER-Group Workshop

**Presenter:** Kazia Navas

**Location:** CSC

Do you sometimes feel overwhelmed by clutter and procrastinate cleaning out that file cabinet, closet, or garage? In this 6-session facilitated group discussion, you will learn basic organizing techniques, complete a home project, deal with procrastination, and avoid future clutter situations. Gain motivation and ideas, and make it happen. *You can do it!*

Day	Times	Dates	Price
Fri	1-2:00pm	April 10, 17, 24, May 1, 8, 15	\$35

Register at CSC, (508) 647-6540. Cash or check due upon registration.

*"We delight in the beauty of the butterfly,  
but rarely admit the changes  
it has gone through to achieve that beauty."  
~ Maya Angelou*

## GUIDED WALK: WELLESLEY COLLEGE GREENHOUSES

**Location:** Wellesley College

Join this guided walk with a docent thru the Wellesley College Margaret C. Ferguson Greenhouses. The greenhouses offer plant life from the deserts of Mexico and Africa to the rainforests of Malaysia and Brazil. Seasonal displays combine with permanent collections to present an ever-changing immersion in the wonderful world of plants. A perfect refuge from the winter weather! We will meet at the Greenhouses. Parking in the Grey Lot.

Day	Times	Dates	Price
Wed	2-3:00pm	Feb 4	free

Free, registration required. Call CSC, (508) 647-6540.

## LEGAL CONSIDERATIONS FOR DEALING WITH YOUR HOME AS YOU AGE

**Instructor:** Attorney Tim Loff

**Location:** CSC

Elder Attorney Tim Loff will look at how to access the equity in your home for your healthcare needs, planning to protect the your home from healthcare expenses like nursing home costs and other considerations including: Asset Protection, Life Estate Deed, Irrevocable Income Only Trust, Long-Term Care Insurance, Reverse Mortgage, and Disability.

Day	Times	Dates	Price
Mon	2-3:30pm	Jan 19	free

Free, registration required. Call CSC, (508) 647-6540.

## MAKE UP FOR THE MATURE ADULT

**Instructor:** Haley Kulow

**Location:** CSC

Navigating how to apply makeup is tough enough without dealing with added wrinkles, lines, dark spots and other skin conditions that come with time. Luckily there are simple application tips and tricks that can help camouflage any flaw you might want to cover up while highlighting the amazing features you have. Join me as we navigate the best products, work through how to properly apply makeup and answer any beauty questions you might have. Haley Kulow, licensed master esthetician.

Day	Times	Dates	Price
Wed	6:30-8:00pm	Jan 21, 28, Feb 4, 11	\$40

Register at CSC, (508) 647-6540. Cash or check due upon registration.

## WRITING YOUR FAMILY HISTORY

**Instructor:** Seema Kenney

**Location:** CSC

This comprehensive class will help you begin writing a family history book or electronic document by recording your memories and those of family members, creating a genealogical pedigree chart with historical details, pictures and other details and finally, publishing your work to share. Seema Kenney, owner of Mass Researchers, Genealogical Research, member of over 12 genealogical organizations and certified in genealogical research from Boston University.

Day	Times	Dates	Price
Sat	10:00am-noon	Jan 10, 17, 24, 31, & Feb 14, 21	\$60 /series

Register at CSC, (508) 647-6540. Cash or check due upon registration.



# Rentals



## **NATICK COMMUNITY ORGANIC FARM EDUCATION CENTER**

The Farm's Education Center, used daily for community and school programs and a community art gallery, provides a perfect venue for current members to hold parties, meetings, and other special events. The minimum rental is two hours \$125 and includes all set-up and breakdown time, \$50/hour thereafter. Nonprofits may rent the space for two hours for \$75, \$35/hour thereafter. You, or your organization, must be a current Member of the Natick Community Organic Farm to rent the space.

Optional 45-minute guided walking tours (no chores/petting) for parties of up to 10 people may be booked on Saturdays and Sundays. Saturday / Sunday tours are \$30. for up to 10 people, plus \$5. for each additional person. Download the rental application form from [natickma.org](http://natickma.org).

Call the Farm at (508) 655-2204 to check on date/time availability.



## **RENTAL SPACES AT THE COLE CENTER**

The Cole Center is available for rent in the evenings and on weekends. We have a small gym and a few classroom spaces. We can accommodate groups of 2-50 and anything in-between, depending on your needs. Great for birthday parties.

For more information or to inquire about renting the Cole Center, call us at (508) 647-6530.



## **FIELD AND PARK RENTALS**

The Natick Recreation & Parks Department is proud to be stewards of the fields and parks in town. These facilities are open to the general public from dawn till dusk, and most can be reserved by a group or individual. Please visit our website at [www.natickma.gov/recreation](http://www.natickma.gov/recreation) or call Recreation and Parks at (508) 647-6530.



## **THE COMMUNITY-SENIOR CENTER (CSC)**

The Community-Senior Center (CSC) is available for rent in the evenings and on weekends. We have a variety of spaces including classrooms available to the public for non-profit and private usage for residents. Our various spaces can accommodate groups from 2-160.

Rental time periods include all set-up and breakdown time. Three hour minimum on weekends for the Great Room. For more information, download the rental application form from [natickma.org](http://natickma.org). and send an inquiry email to [cscroomrental@natickma.org](mailto:cscroomrental@natickma.org) with dates, time, and venue with the rental date and name in the subject line.

# Computers

## COMPUTER LAB

**Instructor:** Tom Swan

**Location:** CSC

Drop-in, first come, first served with your computer questions.

Day	Times	Dates	Price
Tue, Wed, Thu	1-3:00pm	ongoing	free

## FOSS (FREE, OPEN-SOURCE SOFTWARE) USER GROUP

**Location:** CSC

Learn about good, free, reliable software for your computer, and share ideas with others who use it! The best of it rivals what you can buy, and also breathes life back into weaker computers. All computer users are welcome. Usually meets the first Thursday of the month, except on the second Thursday in January, July and September.

Day	Times	Dates	Price
Thu	3-6:00pm	Dec 4, Jan 8, Feb 5	free

## LEARN HOW TO BORROW E-BOOKS FOR YOUR IPAD USING THE MINUTEMAN LIBRARY OVERDRIVE

**Presenters:** Dave Bartos and Karol Bartlett

**Location:** CSC

Join Morse Library associates, Dave Bartos, and Karol Bartlett as they explain how you can download e-books from home using the Minuteman Library Overdrive system and your library account. In addition to the Overdrive system, they'll talk about e-reader features including highlighting text, bookmarks, notes and changing your text settings for accessibility. No experience needed! You may bring your iPad or just yourself. Individual questions will be addressed. Limited to 12.

Day	Times	Dates	Price
Sat	2-4:00pm	Jan 24	Free*

\* Registration required – call (508) 647-6540 for more information.

**All the following computer classes are taught by Swati Dave.**  
**Location:** CSC. **Please register for all computer classes at the CSC by calling (508) 647-6540. Cash or check due upon registration.**

## EMAIL BASICS

This introduction to email is a hands-on workshop that will provide you a working understanding of the basic features of email programs, confidence to use them on a daily basis and knowledge of how to send and receive email and attach documents. Space is limited to 7.

Day	Times	Dates	Price
Thu	10:00am-noon	Jan 31	\$10

## INTRODUCTION TO WORD

This introductory Microsoft Word hands on workshop will provide you with a working understanding of the basic features of MS Word, the skills to edit and format documents with ease and the ability to set up pages and print documents. Space is limited 7.

Day	Times	Dates	Price
Sat	10:00am-noon	Dec 13	\$10

## INTRODUCTION TO EXCEL

This introductory Microsoft Excel class is a hands-on workshop that will provide you with a working understanding of the basic features of MS Excel, confidence to use Excel on a daily basis and knowledge of functions and formulas to save time and reduce workload. Space is limited to 7.

Day	Times	Dates	Price
Sat	10:00am-noon	Jan 10	\$10

## INTRODUCTION TO POWERPOINT

This introductory hands-on workshop will provide you with a working understanding of the basic features of MS PowerPoint, skills to create and format slides, apply templates, insert pictures, shapes, etc., and to set-up slideshow. Class size limited to 7.

Day	Times	Dates	Price
Sat	10:00am-noon	Jan 24	\$10

Call the CSC, (508) 647-6540 for more information. Cash or check due upon registration.

## INTERMEDIATE WORD

This intermediate Microsoft Word hands-on workshop that will expand your knowledge of MS Word, the skills to edit and format documents with ease, insert tables, and the ability to set up pages and print documents. Space is limited to 7.

Day	Times	Dates	Price
Sat	10:00am-noon	Feb 7	\$10

## INTERMEDIATE EXCEL

This Intermediate MS Excel class is a hands-on workshop that will further your understanding of MS Excel, and expand your knowledge of functions and formulas to save time and reduce workload. Space is limited 7.

Day	Times	Dates	Price
Sat	10:00am-noon	Feb 14	\$10

## INTERMEDIATE POWERPOINT

This intermediate hands-on workshop will teach you to jazz up your presentations using animations and slide transitions. Class size limited to 7.

Day	Times	Dates	Price
Sat	10:00am-noon	Feb 28	\$10

*"We thought that we had the answers,  
it was the questions we had wrong."*

~ Bono

# Social Media

All the following social media classes are taught by Anna Litten.

**Location: CSC**

Please register for all computer classes at the CSC by calling (508) 647-6540. Cash or check due upon registration.

## WRITING TOOLS FOR THE iPad

**Instructor: Anna Litten**

**Location: CSC**

Experienced technology educator, Anna Litten will give you all the information you need to move beyond the beginning steps of iPad use – using it productively. Space is limited 14.

Day	Times	Dates	Price
Thu	10:00am-noon	Jan 8	\$10

## CAREER RESOURCES USING LINKEDIN

**Instructor: Anna Litten**

**Location: CSC**

Whether you're just starting your job search or fully emersed in one, LinkedIn is one of the main tools to have in your toolkit to connect with others and spread your message and resume. Learn how to create an account and best practices for use. Space is limited 14.

Day	Times	Dates	Price
Sat	1-3:00pm	Jan 10	\$10

## USING MOBILE AND ONLINE CALENDARS FOR iPad

**Instructor: Anna Litten**

**Location: CSC**

Experienced technology educator, Anna Litten will give you all the information you need to move beyond the beginning steps of iPad using it productively and accessing online and mobile calendars for your personal or business use. Space is limited to 14.

Day	Times	Dates	Price
Thurs	10:00am-noon	Jan 15	\$10

## TWITTER

**Instructor: Anna Litten**

**Location: CSC**

**Part 1:** Wondering what Twitter is all about? Come and learn how to set up an account, how to use it and why you'll want to use it. Space is limited to 14.

**Part 2:** You've got a Twitter account and know the basics, now take it to the next level and learn how you can use it effectively.

Ses. #	Day	Times	Dates	Price
01	Thurs	10:00am-noon	Feb 5	\$10
02	Thurs	10:00am-noon	Feb 12	\$10

# Volunteer

## TRANSPORTATION PROGRAM – CRITICAL NEED

We always have a need for drivers for our transportation program. Volunteers provide rides for seniors or people with disabilities to get to appointments or errands. The volunteer must have their own car. We reimburse for travel expenses. This volunteer opportunity has a great deal of flexibility and provides a wonderful chance to meet new people. Volunteers can choose if they prefer to drive locally (i.e. Natick, Framingham, Newton-Wellesley Hospital), into Boston, or both. Please consider giving a few hours of your time and volunteering to help out your neighbor!

## C.H.O.R.E. PROGRAM

Know your way around a toolbox? Willing to help out someone who needs a little help around the house? Our C.H.O.R.E. program provides minor home repair and chore service to Natick's senior citizens. Our volunteers can help! Call the CSC today at (508) 647-6540 to volunteer your to help your neighbors.

## PARTNER WITH COLLEGE STUDENTS WHO WANT TO LEARN ABOUT SUPPORTING AGING-IN-PLACE

Natick Human Services & Council on Aging is collaborating with Olin College in Needham to help them with an exciting course taught by Professors Caitrin Lynch and Ela Ben-Ur. One aspect of the course is to match older adults with students from Olin, Wellesley, and Babson Colleges. Natick Human Services & Council on Aging will provide Olin College with a list of eligible participants. This opportunity is limited to roughly ten participants.

## Characteristics of Potential Participants – Olin College Course

### Age 65 or older:

- Lives at home alone or with a spouse
- Available from January 20 to May 7, 2015
- Willing to allow students to visit in their homes
- Willing to attend some class sessions at Olin College or attend field trips
- Transportation will be provided – if needed

Available during the class meeting times–days/timesTBA. ONLY a few sessions will be required. Space is limited. Contact Lorraine (lmcnally@natickma.org) at (508) 647-6540 for information. *This project is funded through a grant from Metrowest Health Care Foundation.*

## RED CROSS BLOOD DRIVE

Held monthly at the Community-Senior Center, these blood drives are a fantastic way to give back to your community. The American Red Cross is always looking for donors and has urgent need all blood types. Thanks to your generosity, the ARC continues to exceed its goal! Please continue this great trend by contacting the ARC and setting up an appointment to donate at our next drive.

Day	Times	Dates
Mon	2:00-7:00pm	12/15, 1/12, 2/9



# Perspectives Perspectives

Try a new class for the new year.

**A new series of programming for the Natick community  
designed with working adults in mind.**

## **BELLY DANCING FOR FUN, beginners, CSC, Natick**

**Charlene Harper**

What better way to celebrate life than by learning the ancient art of belly dancing? Discover your feminine grace through learning to shimie and make the classic body shapes and undulations. Wear a fitted top, comfortable pants or leggings, soft dance slippers, and bring a bottle of water. Tuesday evenings, 6:30-7:30pm. January 6-Feb 24. Pay at the desk \$10 per class. 1x prop fee - \$10, payable to instructor.

## **BOLLYWOOD DANCING: beginners, all ages - adults, CSC**

**Monisha Rajinikanth**

Learn the fun and energetic style of modern Indian dance based on the classic dance and music tradition of Bollywood. Not for the faint of heart as we'll be moving around a lot. Wear comfy clothes, bring a bottle of water, and be prepared to really dance like a Bollywood star! Tuesday evenings 7:30-8:30pm January 6-Feb 24, \$80/8 weeks. Call (508) 647-6540 to register.

## **TAP DANCING: beginners, all ages, CSC, Natick**

**Serge Genesse**

Local tapper Genesse has been tapping for over 50 years, first in Maine and then in MA and at Wellesley College! Find your rhythm and learn to dance to peppy numbers like TAP GREATS – Gene Kelly, Fred Astaire, and Gregory Hines. We'll dance energetically with tap shoes to some great jazz sounds from classic Hollywood and modern musicals. Wear comfy clothes, bring a bottle of water and towel, and be prepared to really dance like a star! Students must purchase tap shoes in advance. Tap shoes may be purchased on various websites beginning at \$21. and up. Tuesdays, 5:-6:00pm. January 6-Feb 24, \$80/ 8 weeks. Call (508) 647-6540 to register.

*"Just as we have two eyes and two feet,  
duality is part of life."*

~ Carlos Santana

## **STRATEGIES FOR THE SECOND HALF OF LIFE**

**Presenter: Dorian Mintzer**

**Location: CSC**

With Dorian Mintzer, co-author of 'The Couples Retirement Puzzle: 10 Must-Have Conversations for Creating an Amazing New Life Together'. Whether you're single or in a relationship or already retired or thinking about retirement—there are things to think about to help you not only survive but flourish in this next stage of life. In this interactive presentation/workshop you'll be guided to begin to develop a roadmap to successfully navigate the second half of life. We'll focus on issues such as: connection and sense of purpose, retirement in the 21st c., living life fully and addressing conversations to have with your spouse/partner/significant other in your life. Dorian (Dori) Mintzer, PhD, Board Certified Coach, has over 40 years of clinical experience as a therapist, coach, consultant, speaker, writer and teacher. Her books will be available for purchase.

Day	Times	Dates	Price
Wed	7pm	Jan 14	free

Free, but registration is required. Call (508) 647-6540 to register.

## **JAZZ IN JANUARY – Performance Series**

**NHS Jazz Ensemble,**

**Location: CSC**

Jazz in January: Come hear the cool jazz renderings of the Natick High School Jazz Ensemble. Join us January 31st at 7pm in our Great Room West. Refreshments served. Join us in support of the fantastic young musicians. Led by John Cice, Natick High School Music Band Director January 31st at 7:00pm. Call (508) 647-6540 to register. FREE.

## **BOOK READING WITH LOCAL AUTHOR WILLIAM MARTIN –**

**THE LINCOLN LETTER**

**LOCATION: CSC**

Join William Martin, the New York Times bestselling author of *The Lost Constitution* introduce his most recent novel –*The Lincoln Letter* – which is a breathless chase across the Washington of today as well as a political thriller set in our besieged Civil War capital. It is a story of old animosities that still smolder, old philosophies that still contend, and a portrait of our greatest president as he passes from lawyer to leader in the struggle for a new birth of freedom. Friday February 27 at 7pm. Call (508) 647-6540 to register. FREE. Partnering with Wellesley Books we will have his book for sale.

# MassBay Natick

College-level courses and workshops taught right here in Natick!

## COLLEGE CREDIT

### **HU-105: EXPLORING WORLD RELIGIONS (3 credits)**

**Mon-Wed 6-9:00pm. CSC, Fee \$522.**

This course compares what world religions believe about God, atheism, grace, karma, incarnation, reincarnation, heaven and hell, and what these beliefs contribute to our understanding of contemporary issues, including ecology, artistic expression, and global awareness. Start date March 23.

### **MK-103: PRINCIPLES OF MARKETING (3 credits)**

**Mon -Wed, 6-9:00pm. CSC, Fee \$522.**

Examines contemporary marketing principles, concepts, and managerial practices. Studies the marketing environment, consumer behavior, marketing, research, and information systems. Analyzes the marketing mix in terms of product planning and development, distribution management, pricing strategies, and promotional practices. Focuses attention on the social and legal responsibilities of marketing and consumerism. Examines the nature and importance of international and global marketing. Case problems and current issues are discussed and analyzed. Start date March 23.

## NON - CREDIT

### **AP-152: TOEFL PREPARATION (0 credits)**

**Sat. 9-noon. CSC, Fee \$299.**

The Test of English as a Foreign Language (TOEFL) measures the ability of nonnative speakers of English to use and understand English as it is spoken, written and heard in college and university settings. Most US colleges and universities for admission of international and ESL students require a high TOEFL score. TOEFL Preparation will prepare you to take the new IBT (Internet-based) TOEFL test. In this class you will study each of the four required sections: writing, reading, speaking and listening. You will learn what to expect on the test and practice answering questions similar to those that actually appear on the test. This course will help prepare you to demonstrate your readiness for academic coursework. Start date February 7.

### **WK-141: UNDERSTANDING THE MODERN MIDDLE EAST (0 credits)**

**Wed 6-7:00pm. CSC, Fee \$100.**

Americans view events unfolding across the Middle East with both fear and curiosity. This workshop will focus on the historical roots of contemporary issues impacting the modern Middle East. As such, participants will delve into some of the seminal issues and events of our time such as the Palestinian Question, Islamic militancy, terrorism, the Iraq War and the Arab Spring. Wednesday, 6-7:00pm. Starts February 11.

### **AP-116: INTERMEDIATE CONVERSATIONAL SPANISH (0 credits) Mon 7-9:00pm. CSC, Fee \$150.**

This course is a continuation of Conversational Spanish. Students in this course will continue to build a solid grammatical foundation in Spanish and reinforce the four basic skills – listening, speaking, reading, and writing – while taking more opportunities for conversation and cultural immersion. Starts February 9.

### **AP 112: CONVERSATIONAL SPANISH (0 credits)**

**Mon 1:30-3:30pm. CSC, Fee \$150.**

This ten-week immersion course is designed for students who have little or no experience speaking Spanish. The course aims to provide students with a full immersion approach toward language acquisition. Students will learn about their immediate world through speaking, listening, reading and writing in Spanish. Topics such as food, family, school clothing, and weather and leisure activities are covered. Students will learn present and future tenses and other grammatical elements. Starts February 9.

### **EG-319: DIGITAL PHOTOGRAPHY (0 credits)**

**Mon 7-9:00pm. CSC, Fee \$150.**

This course covers the basics of digital imaging and understanding the controls and functions featured on most digital cameras. Students work to improve image capture techniques and creative capabilities. Students must bring or plan to purchase a digital camera with manual functions. Starts February 9.

Register in person at the CSC, 117 E. Central St., Natick, MA  
or register online at [www.massbay.edu](http://www.massbay.edu).

# Table Games

## GAMES: DROP-IN

Join us at the CSC for fun and games! Meet old friends or make some new ones! Come when you can to play a game you love or come to learn new ones! Call the CSC (508) 647-6540 for more information.



## BILLIARDS - DROP-IN

### Location: CSC

Pick-up games. 18 years old or older.

Day	Times	Dates	Price
Mon-Fri	9:00am-4:00pm	ongoing	free

## CONTRACT BRIDGE - DROP-IN

### Location: CSC

This is an informal bridge group for people who have some knowledge of the game. No formal instruction but materials are provided.

Day	Times	Dates	Price
Thu	9:00am-noon	ongoing	free
Fri	1-4:00pm	ongoing	free

## DUPLICATE BRIDGE - DROP-IN

### Location: CSC

For experienced bridge players. You may attend without a partner. Welcome to come and observe on your first visit then join in when you are comfortable. A social, fun group. Materials provided.

Day	Times	Dates	Price
Wed	12:30-4:00pm	ongoing	free

## SCRABBLE - DROP-IN

### Location: CSC

Day	Times	Dates	Price
Mon	1:00pm	ongoing	free

## POKER - DROP-IN

### Location: CSC

Friendly game, no money involved.

Day	Times	Dates	Price
Mon	noon	ongoing	free

## BINGO - DROP-IN

### Location: CSC

Operated by the Friends of the Natick Senior, Inc., seniors may play once and then need to join the Friends in order to play. New electronic bingo system.

## PING PONG - DROP-IN

### Location: CSC

Pick-up games. Under 18 must have an 18+ with them.

Day	Times	Dates	Price
Mon	3-5:00pm	ongoing	free
Fri	2-7:00pm	ongoing	free

## BADMINTON -DROP-IN

### Location: CSC

Day	Times	Dates	Price
Wed	10-noon	ongoing	free

## MAH JONGG - DROP-IN

### Location: CSC

Friendly game, no money involved.

Day	Times	Dates	Price
Tue	noon	ongoing	free
Fri	11-12:30pm	ongoing	free

Please Note: Call the CSC at (508) 647-6540 for more details about Drop-in Games.



## CONTRACT BRIDGE FOR INTERMEDIATE BEGINNERS

### Instructor: Doris Burke

### Location: CSC

This course is geared for those who have taken a beginners course and wish to review the fundamentals of the game and learn new material and for players who have not played the game for a long time and wish to refresh their skills. Each class will begin with a review and an introduction of new material. The second half of the class will be devoted to the play of the cards with prepared and randomly dealt cards. 8 weeks.

Day	Times	Dates	Price
Mon	10:00-noon	ongoing	free
Fri	1-4:00pm	ongoing	free

**NOTE:** No class Feb 16

Call (508) 647-6540 to register or online at [www.myactivecenter.com](http://www.myactivecenter.com).

## INTERMEDIATE BRIDGE LESSONS

### Instructor: ROBERT BAUM

### Location: CSC

Intermediate Bridge continues! If you are comfortable with the basics and want to improve your game, Intermediate Bridge is for you. A fun and friendly group learns and practices the next level of the game including negative doubles, new minor forcing, defensive carding, opening leads and much more. Sessions include instruction and discussion followed by play where questions are encouraged. If you enjoy the challenge of bridge and want to get better, join us.

Day	Times	Dates	Price
Tue	3-5:00pm	Jan 13-Mar 3	\$80/ 8 wks

Register at CSC, (508) 647-6540. Cash or check due upon registration.



# Create and Make



## KNITTING & CROCHETING

**Instructor:** Donna Lambert

**Location:** CSC

All are welcome to join and may bring any supplies to use. We also have yarn on hand to get started. This isn't an instruction class, but our experienced knitters can answer any questions and knitting challenges you bring.

Day	Times	Dates	Price
Wed	1:00pm	ongoing	free

Call (508) 647-6540 to register or online at [www.myactivecenter.com](http://www.myactivecenter.com).

## Drop-in: BEADED JEWELRY MAKING PROGRAM

**Instructor:** Lori Rosen

**Location:** CSC

Come and make your own beaded jewelry creations including earrings, bracelets, necklaces, etc. All materials are provided and there is a modest charge per item made and taken.

Day	Times	Dates	Price
Mon	10:00am-12:00pm	TBA	Small fee charged per item

Drop in or call the CSC (508) 647-6540 to register.

## ALL MEDIA OPEN WORKSHOP

**Instructor:** Gloria Fox

**Location:** CSC

Artists can sketch in charcoal, pencil, or any medium they choose. Participants can apply color in other mediums as well. Please bring your own supplies.

Day	Times	Dates	Price
Fri	10:00am	ongoing	free

Call (508) 647-6540 to register or online at [www.myactivecenter.com](http://www.myactivecenter.com)

## PORTRAIT PAINTERS

**Location:** CSC

Portrait Painters paint a live clothed model. All mediums are used, but turpentine is not allowed. Models are paid \$40 that comes from collecting \$6 from all artists that are using the model and is payable at the front desk. If you would like to model for the group please call (508) 647-6540.

Day	Times	Dates	Price
Thu	10:00am-noon	ongoing	\$6 per class

Register at CSC, (508) 647-6540. Cash or check payable to 'Town of Natick' due on the day of session.

## QUILTING

**Location:** CSC

All levels welcome to this informal quilting group. No formal instruction is given but if you bring your project the group will most likely be able to offer guidance and suggestions. There are various supplies available for use including cutting boards, rotary cutters, sewing machines and fabrics. Machine and hand quilters welcome.

Day	Times	Dates	Price
Thu	1:00-3:00pm	ongoing	free

Call (508) 647-6540 to register or online at [www.myactivecenter.com](http://www.myactivecenter.com)

## WRITER'S GUILD

**Location:** CSC

This group of (mostly) amateur writers provides support to other writers, a venue to test your writing efforts by reading your work aloud, and gentle guidance and feedback from group members if you wish. Members share their work including poetry, fiction, memoirs, essays and journal entries. Everyone has unique stories to tell, unique points of view, opinions and ideas and this group will help you improve, learn and enjoy what others are doing.

Day	Times	Dates	Price
Tue	1:00pm	ongoing	free

Call (508) 647-6540 to register or online at [www.myactivecenter.com](http://www.myactivecenter.com)

*"Pull up a chair. Take a taste.*

*Come join us.*

*Life is so endlessly delicious."*

*~ Ruth Reichl*

# Get Fit

## FITNESS ROOM AT CSC

The Fitness Room at the CSC is a small community gym with cardiovascular equipment, Keiser Pneumatic weight machines, and free weights. To join the Fitness Room you must first schedule an orientation. There is a \$5 orientation fee that will be deducted from your membership cost if you decide to join the fitness room.

Please arrive early for your scheduled orientation as late arrivals will not be permitted. If you do not attend the orientation or do not arrive on time the fee is nonrefundable. The membership fee is \$25 for those 60 and above and \$40 for those 18-59 for a six-month membership. Gift certificates are available from the front desk at the CSC. Supervised Fitness Room Hours are offered with a trainer for. Please contact the CSC for more information and hours, (508) 647-6540.

## SMALL GROUP PERSONAL TRAINING ADVANCED

**Instructor:** Fitness Together Staff

**Location:** CSC

Small group personal training will focus on strength, flexibility and balance during the twice-a-week sessions. Individual needs and concerns will be addressed. This class is appropriate for those who have done small group before or regular exercisers. New sessions start each month.

Day	Times	Dates	Price
Tue & Thu	10-11:00am	Dec 18-Jan 20*	\$100 per session
Tue & Thu	10-11:00am	Jan 22-Feb 17	\$100 per session
Tue & Thu	10-11:00am	Feb 19- Mar 17	\$100 per session

• No classes on Dec. 25, Jan 1

Register at CSC, (508) 647-6540. Cash or check, payable to 'Town of Natick' due upon registration.

## SMALL GROUP PERSONAL TRAINING - EVENING

**Instructor:** Fitness Together Staff

**Location:** CSC

Small group personal training will focus on strength, flexibility, and balance during the twice-a-week sessions. This class is appropriate for those who have done small group before or regular exercisers. New sessions start each month.

Day	Times	Dates	Price
Tue & Thu	7-8:00pm	Dec 18-Jan 20*	\$100 per session
Tue & Thu	7-8:00pm	Jan 22-Feb 17	\$100 per session
Tue & Thu	7-8:00pm	Feb 19- March 17	\$100 per session

• No classes on Dec. 25, Jan 1

Register at CSC, (508) 647-6540. Cash or check, payable to 'Town of Natick' due upon registration.

## CHAIR VOLLEYBALL

**Location:** CSC

Chair Volleyball is a modified version of regular volleyball played with an inflatable beach ball. A great team activity, that can improve upper body mobility, balance and strength.

Day	Times	Dates	Price
Mon	12:00pm	ongoing	free
Wed	10:30am	ongoing	free
Fri	10:30am	ongoing	free

Register at CSC, (508) 647-6540. Cash or check, payable to 'Town of Natick' due upon registration.

## DROP - IN WEEKLY EXERCISE PROGRAMS AT THE CSC

**DROP-IN Your choice -- try them all!** Try something new or stick with your favorite exercise, either way you may use a multi-exercise card - no expiration. You may buy a 10 class card for \$30 or a 5 class card for \$15. Cash or checks payable to 'Town of Natick' accepted. Call (508) 647-6540 for more information.

### Chair Aerobics

Tuesdays & Fridays 11-noon

### Chair Yoga

Mondays 10:00-10:45am

### Energy Focus Action

Wednesdays 1-2:00pm

### Line Dancing

Wednesdays 12-1:00pm

### Muscle Building: Low to Moderate Band Exercises

Tuesdays and Thursdays 11:00am

### Muscle Building: Advanced Band Exercises

Tuesdays and Thursdays 10-11:00am

### Evening Muscle Building

Tuesdays and Thursdays 5:30- 6:30pm

### Strength Training

Fridays 10-11:00am

### T'ai Chi

Wednesdays 10-11:00am

### Yoga

Fridays 1:45-4:00pm

### Zumba

Mondays 12:30 -1:30pm



Visit Us on Facebook  
Natick Community Services

# Pre-K

## ON MY OWN PLAYGROUP (2 - Pre K)

**Location: Cole Center**

Playgroup provides a comfortable and relaxed environment for your child to develop social skills with children their own age. Activities include: Free play, physical play, snack or lunch, art, circle time with music, stories and dance. **ATTENTION!!** Playgroup **WILL REGISTER AS A LOTTERY**. Registration Forms and payment are due by 5:00pm on Wednesday, December 17. Confirmation calls will be made to all in Lottery by 12/22.

- Child must be the proper age on the first day of class.
- Morning classes please bring a snack. Afternoon classes bring a lunch. **NO PEANUTS OR NUT PRODUCTS.**
- For more information on the program, please read our parents manual online at [www.natickma.gov/recreation](http://www.natickma.gov/recreation)

S#	Age	Day	Times	Dates	Price
M1	2-3	Mon	9-11:00am	Jan 5-Mar 23	\$126
T1	2-3	Tue	9-11:00am	Jan 6-Mar 24	\$138
T2	3-Pre-K	Tue	11:30-2:00pm	Jan 6-Mar 24	\$151
W1	2-3	Wed	9-11:00am	Jan 7-Mar 25	\$138
W2	3-Pre-K	Wed	11:30-2:00am	Jan 7-Mar 25	\$151
Th1	2-3	Thu	9-11:00pm	Jan 8-Mar 26	\$138
Th2	3-Pre-K	Thu	11:30-2:00pm	Jan 8-Mar 26	\$151
F1	2-3	Fri	9-11:00am	Jan 9-Mar 27	\$138

(No Class Jan 19, Feb 16-20)

Register in person for lottery by December 17 at 5:00pm.

## FUN WITH MESSY PLAY (Ages 1 & 2)

**Instructor: Muriel Sypek**

**Location: Cole Center**

PARENTS! Here is your chance to get messy with your little ones without you dealing with the clean up. Children will enjoy water play, sand play, a different messy craft each week using Play-Doh®, paint, brushes, rollers, bubbles, feathers, and more. (9 wks)

S#	Day	Times	Dates	Price
01	Wed	10:45-11:30am	Jan 14-Mar 18	\$134

No class Feb 18

Register online at [www.natickma.gov/recreation](http://www.natickma.gov/recreation)

## JUMP, TUMBLE, AND SING (Ages 2 - 4)

**Instructor: Muriel Sypek**

**Location: Cole Center**

A fun, active class that includes physical play and movement with slides, balls, tunnels, beanbags and some parachute play!. Parent or guardian participation is a requirement, so parents should be dressed to be active. (9 wks)

S#	Day	Times	Dates	Price
01	Wed	9:30-10:15am	Jan 14-Mar 18	\$98

No class Feb 18

Register online at [www.natickma.gov/recreation](http://www.natickma.gov/recreation)

## BABES IN ARTLAND (Ages 2.5 - 5)

**Instructor: Christine Van**

**Location: Cole Center**

Children will be doing fun projects that build self-esteem and use his /her creativity. Come have fun with your child! Parent participation is required. 4 wks /session

S#	Day	Times	Dates	Price
01	Thu	9:00-9:45am	Jan 8-29	\$49
02	Thu	9:00-9:45am	Feb 26-Mar 19	\$49

Register online at [www.natickma.gov/recreation](http://www.natickma.gov/recreation)

## THUNDERCATS TOT JAM (Ages 2 & 3) \*\* NEW!!

**Instructor: Thundercats Coaching Staff**

**Location: Cole Center**

Mini version of Thundercats popular Sports Jam. Parent/Guardian participation is a must!. Very basic introduction to t-ball, soccer, basketball, soffee hockey combined with tag games and kick ball. Parents, you will have a blast with your little tot playing sports and camp style games. Emphasis is on fun and bonding. We encourage everyone to bring a water bottle or two, comfortable clothes to run around in, energy and a big smile.(5 wks)

S#	Day	Times	Dates	Price
01	Sat	2:00-2:45pm	Jan 3-31	\$65

Register online at [www.natickma.gov/recreation](http://www.natickma.gov/recreation)

## INTRO TO DANCE 1 (Ages 3 & 4)

**Instructor: Cindy Wright**

**Location: Cole Center**

Cindy is the Owner/Director of Cindy Wright Dance Studios in Wellesley and has taught dance for 30+ years. This class is a wonderful introduction to the world of dance. Students will develop their gross motor skills, coordination, group skills and self-confidence in a fun and active learning environment. Students should wear ballet slippers or non-skid socks and any style / color dancewear or comparable attire. (8 wks)

S#	Day	Times	Dates	Price
01	Wed	12:30-1:15pm	Jan 14-Mar 11	\$78
02	Thu	11:00-11:45am	Jan 15-Mar 12	\$78

No class on Feb 18, 19

Register online at [www.natickma.gov/recreation](http://www.natickma.gov/recreation)

## PRE- K DANCE (Ages 4 - Pre-K)

**Instructor: Cindy Wright**

**Location: Cole Center**

Children will take their skills and joy to the next level. This class includes creative movement, basic ballet positions and combinations. Students should wear ballet slippers or non-skid socks and any style/color dancewear or comparable attire. (8 wks)

S#	Day	Times	Dates	Price
01	Wed	1:15-2:00pm	Jan 14-Mar 11	\$78

No class on Feb 18

Register online at [www.natickma.gov/recreation](http://www.natickma.gov/recreation)



**PRE K DANCE (Ages 4-Pre K)****Instructor: Cindy Wright****Location: Cole Center**

Children will take their skills and joy to the next level. This class includes creative movement, basic ballet positions and combinations. Students should wear ballet slippers or non-skid socks and any style/color dance-wear or comparable attire. (8 wks)

S#	Day	Times	Dates	Price
01	Wed	1:15-2:00pm	Jan 14-Mar 11	\$78

No class on Feb 18

Register online at [www.natickma.gov/recreation](http://www.natickma.gov/recreation)**THUNDERCATS MINI SPORTS (Ages 4-Pre K)****Instructor: Thundercats Coaching Staff****Location: Cole Center**

A fun program that will have participants playing soccer, basketball, Softee® hockey, and other unique games like 'Sponge Bob' tag and 'Finding Nemo'. Emphasis will be on teamwork, hand-eye coordination and fun. (5 wks)

S#	Day	Times	Dates	Price
01	Thu	2:45-3:30pm	Jan 8-Feb 5	\$65
02	Sat	3:00-3:45pm	Jan 3-31	\$65

Register online at [www.natickma.gov/recreation](http://www.natickma.gov/recreation)**MICRO ATHLETICS (Ages 4-Pre-K)****Instructor: Knucklebones Staff****Location: Cole Center Gym**

Knucklebones wants to teach children the fundamentals of sports, help build confidence and to develop a passion for athletics and fitness that will stay with them for a lifetime! Each class, Knucklebones will bring a plethora of different and unique equipment, mini-gym, rhinoskin balls, kick balls, scooters, balance bicycles, and much more. Proper sneakers are required! (7 wks)

S#	Day	Times	Dates	Price
01	Tue	11:00am-noon	Jan 13-Mar 3	\$76

No class Feb 17

Register online at [www.natickma.gov/recreation](http://www.natickma.gov/recreation)**MICRO WHEELS (Ages 2 & 3)****Instructor: Knucklebones Staff****Location: Cole Center Gym**

Micro Wheels will engage both parent/guardian and their toddler(s) with a developmental array of wheeled and self-propelled vehicles that will be used to gain balance and confidence. Obstacle courses and street signs will help these determined drivers to trust themselves as they look forward to the day they actually ride a bicycle on their own. Proper sneakers and long pants required. Parent participation is a must! (7 wks)

S#	Day	Times	Dates	Price
01	Thu	11:00am-noon	Jan 15-Mar 5	\$76

No class Feb 19

Register online at [www.natickma.gov/recreation](http://www.natickma.gov/recreation)**MINIKICKERS (Ages 2-4)****Instructor: Challenger Sports****Location: Cole Center**

MiniKickers teaches basic soccer skills while developing strength, balance, coordination and teamwork. Participants receive a ball and a shirt. (5 wks)

S#	Day	Times	Dates	Price
01	Tue	2:00-3:00pm	Feb 24-Mar 24	\$76
02	Thu	1:00-2:00pm	Feb 26- Mar 26	\$76

Register online at [www.natickma.gov/recreation](http://www.natickma.gov/recreation)**SOCCER JUNIORS (Ages 3-6)****Instructor: Global Premier Soccer****Location: Cole Center Gym**

Natick Recreation has partnered with Global Premier Soccer (GPS) to bring an introductory soccer program to Natick. GPS has been very involved with the Natick Soccer Club over the last few years and we had an opportunity to bring a new Juniors Program to Natick. The Juniors Program teaches the fundamentals of soccer using a fun and energetic curriculum that has been tailored to work specifically with 3-6 yr olds. Coach ratio 1:10, one coach to ten players. (7 weeks)

S#	Day	Times	Dates	Price
01	Mon	3:30-4:30pm	Jan 5-Mar 2	\$94
02	Mon	4:30-5:30pm	Jan 5-Mar 2	\$94

No class Jan 19, Feb 16

Register online at [www.natickma.gov/recreation](http://www.natickma.gov/recreation)

## Youth

**FATHER & DAUGHTER VALENTINE'S DANCE**

Music, dancing, games, refreshments and memories are planned! PRE-REGISTRATION IS A MUST! NO ONE WILL BE ALLOWED IN THE DOOR IF YOU HAVE NOT ALREADY REGISTERED. THERE ARE A LIMITED NUMBER OF SPOTS. \$16./couple/\$6 ea. add'l daughter. Sunday February 8 – snowdate.

S#	Day	Times	Dates	Ages
1	Sat	4:30-5:45pm	Feb 7	Ages 4- K
2	Sat	6:00-7:15pm	Feb 7	Grades 1 & 2
3	Sat	7:30-8:45pm	Feb 7	Grades 3 & 4

Register online at [www.natickma.gov/recreation](http://www.natickma.gov/recreation)

**NATICK DRAMA WORKSHOP (Grades 5-8)**

**Staff:** Cindy Wright-Director, Lisa Cigna-Choreographer,  
Chris Letizia-Music Director, Deb Finkelstein Stage Manager

**Location:** Rehearsals at Cole Center

**Location:** Shows at Wilson Middle School

Gives children an opportunity to experience and explore theater arts through their participation in a full-length musical production. There will be a mandatory meeting of all parents/guardians at 9:00am on the day of auditions. At least one parent or legal guardian must accompany child to audition. Times below are subject to change. (\$97)

S#	Day	Times	Dates	Event
AUD	Sat	9:00-12:30pm	Jan 3	Audition
REH	Sat	9:00-12:30pm	Jan 10-Mar 14	Rehearsals
TECH	Sun	12:00-5:00pm	Mar 15	Tech
TECH	Mon-Thu	4:30-9:00pm	Mar 16-19	Tech
SHOW	Fri-Sun	Varied	Mar 20, 21, 22	Show Wknd

Register online at [www.natickma.gov/recreation](http://www.natickma.gov/recreation)

**EARLY DEVELOPMENT SOCCER (Grades 1 & 2)**

**Instructor:** Global Premier Soccer Coaches

**Location:** Memorial School, 107 Eliot Street, S. Natick

Natick Recreation and Parks has partnered with Global Premier Soccer (GPS) to bring the Early Development Soccer Program (EDP) to Natick this winter. This program is tailor made to harness the potential of any aspiring 1st or 2nd grader. EDP focuses on technical and tactical player development, using the GPS curriculum to teach players the fundamentals of soccer. In addition to the weekly sessions, the EDP will also include regular jamborees, bringing together each of the many GPS-MA EDP locations for a fun, low pressure, 4 v 4 festival event. \$131 per person (6 wks)

S#	Day	Times	Dates	Girls/Boys
01	Sat	4-5:00pm	Jan 10-Feb 14	girls
02	Sat	5-6:00pm	Jan 10-Feb 14	boys

Register online at [www.natickma.gov/recreation](http://www.natickma.gov/recreation)

**NASHOBA VALLEY SKI/SNOWBOARD LESSONS (Grades 3-8)**

**Instructor:** Nashoba Valley Ski School

**Location:** Bus leaves from the Cole Center

Geared to beginners through intermediates, one-hour ski/snowboard lessons from 9-10 plus 2-hours free ski per week. \*Attention Renters: There will be a pre-season fitting with the Rental Staff from Nashoba at the Cole Center on Tuesday, December 16 from 5:30-6:30pm. Those attending the fitting on December 16 should bring a check for \$105, made out to "Nashoba Valley Ski Area." You will save \$10 by coming to the fitting.

\*NOTE: Renters who do not attend the fitting on December 16 will need to go to Nashoba Valley on your own prior to first week of the program and get sized.

\*NOTE: If parents are interested in chaperoning please call Aaron Friedman at (508) 647-6536 and indicate that while registering on line.

S#	Day	Times	Dates	Price
1	Sun	7:30-1:15pm	Jan 15-Feb 12	\$280

For weather cancellations call (508) 647-6530,

Register online at [www.natickma.gov/recreation](http://www.natickma.gov/recreation)

**TERRIERS DODGEBALL (Grades 2-4)**

**Instructor:** Terriers Dodgeball Staff

**Location:** Cole Center

Kids love the fast paced action, throwing, catching and of course dodging balls in this great game. Terriers Dodgeball mixes high-energy "arena" music into their sessions, creating an environment that kids love! For added fun at the conclusion of the program, teams will compete for a chance to win and sign the Terriers Dodgeball Bucket. Cushioned foamballs are used for safety. (5 wks)

S#	Day	Times	Dates	Price
1	Wed	4:30-5:30pm	Jan 14-Feb 11	\$110

Register Online at [www.natickma.gov/recreation](http://www.natickma.gov/recreation)

**EARLY RELEASE TO SNOW TUBING (Grades 5-8)**

**Instructor:** Recreation Staff

Don't Spend the Early Release Day in front of the tube—spend it in one. Join your Friends on the tubing slopes at Nashoba for an afternoon of fun. Pack a lunch or bring money for lunch at the concessions. Fee includes tube rental for 3 hours, transportation and chaperones. Buses will pick-up students at Wilson and Kennedy at 11:30am. Parent pick-up is at the Cole Center (179 Boden Lane) at 5:00pm.

S#	Day	Times	Dates	Price
1	Wed	11:30am-5:00pm	Feb 4	\$40

**EARLY RELEASE TO LAUNCH TRAMPOLINE PARK (Grades 5-8)**

**Instructor:** Recreation Staff

Stop feeling 'cooped up' and get some energy going by bouncing off the Walls! Join us as we go to Launch, the trampoline park in Norwood. Fee includes entry for 2 hours, a slice of pizza and medium soda, transportation, and chaperones. Buses will pick-up students at Wilson and Kennedy at 11:30am. Parent pick-up is at the Cole Center (179 Boden Lane) at 4:00pm

S#	Day	Times	Dates	Price
1	Wed	11:30am-4:00pm	Mar 4	\$40

**FANTASTIC FRIDAYS (Grades 5 & 6)**

**Instructor:** Recreation Staff

**Location:** Cole Center

Fantastic Fridays includes a DJ, Game tables, Freeze Dance, and other games. Concessions are for sale as a fundraiser for future activities. Updates and dates are on the electronic boards at each Middle School.

S#	Day	Times	Dates	Grade
1	Fri	7-9:00pm	Jan 9	5
2	Fri	7-9:00pm	Jan 23	6
3	Fri	7-9:00pm	Feb 6	5
4	FRI	7-9:00pm	Mar 13	6
5	FRI	7-9:00pm	Mar 20	5

No pre-registration necessary. Please pay \$5 at the door.

*Youth comes but once in a lifetime.*

*~ Longfellow*

**PARENTS NIGHT OUT (Grades K-4)****Instructor:** Recreation Staff**Location:** Cole Center

Drop the kids off for a night of games, crafts and movies while you have your own night of fun. Supervised by CPR & FA Certified Staff. Cheese Pizza, a small snack and juice provided. Concessions are available for additional purchase. Please note, for a FULL refund, cancellations of reservations must be received by noon the Friday before the event. Multi-child Discount: \$6 off for 2nd child, \$12 off for 3rd + child(ren) PER INDIVIDUAL NIGHT REGISTRATION.

S#	Day	Times	Dates	Price
1	Sat	5:00-9:00pm	Jan 17	\$18
2	Sat	5:00-9:00pm	Jan 31	\$18
3	Sat	5:00-9:00pm	Feb 14	\$18
4	Sat	5:00-9:00pm	Feb 28	\$18
5	Sat	5:00-9:00pm	Mar 14	\$18
6	Sat	5:00-9:00pm	Mar 28	\$18

Register online at [www.natickma.gov/recreation](http://www.natickma.gov/recreation) Walk-in registration night of – only if space is available.

**DO YOU BELIEVE IN MAGIC – MORE TRICKS (Ages 8-12)****Instructor:** Joe Carota**Location:** Cole Center

Learn the “art” of magic from a professional magician! Participants will be able to keep a kit with props and booklet explaining each trick. New tricks to learn this time around, to expand your knowledge, and impress others. (5 wks)

S#	Day	Times	Dates	Price
1	Fri	3:45-5:00pm	Jan 16-Feb 13	\$106

Register online at [www.natickma.gov/recreation](http://www.natickma.gov/recreation)

**DECEMBER VACATION PROGRAM (Grades K-4)****Instructor:** Recreation Staff**Location:** Cole Center

Sports, games, crafts and movies to help pass the winter Vacation days! CPR & First Aid Certified staff will supervise your child(ren) while you work! Bring a Water Bottle, snack and a lunch that doesn't require refrigeration.

S#	Day	Times	Dates	Price
1	Mon	9:00am-3:00pm	Dec 29	\$30
2	Tue	9:00am-3:00pm	Dec 30	\$30
3	Wed	9:00am-3:00pm	Dec 31	\$30

Register online at [www.natickma.gov/recreation](http://www.natickma.gov/recreation)

**HOME ALONE SAFETY (Grades 3 -5)****Instructor** Juanita Allen, EMT and CPR & First Aid Instructor**Location:** Community-Senior Center (117 E. Central St)

Girls and boys learn telephone and door-answering techniques, Internet safety and accident and fire protection. They'll also learn some basic first aid and time management tips for when they are alone for short periods of time.

S#	Day	Times	Dates	Price
1	Wed	1:00-3:00pm	Feb 4	\$38
2	Wed	1:00-3:00pm	Mar 4	\$38

Register online at [www.natickma.gov/recreation](http://www.natickma.gov/recreation)

**BLAST BABY SITTING (Grades 6-9)****Babysitter Lessons And Safety Training****Instructor:** Juanita Allen, EMT and CPR & First Aid Instructor**Location:** Community-Senior Center (117 E. Central St)

Potential babysitters will learn how to handle the basics of infant and child-care. Topics you'll cover range from how to react responsibly to medical emergencies, how to perform first aid for common childhood injuries and illnesses, how to set-up and run your own babysitting business and how to entertain with games and songs. This is an American Academy of Pediatrics Course. Participants will receive a certificate of completion, easy-to-follow first aid instructions, and a sitter checklist, to copy for each job. Participants should bring a light snack and drink.

S#	Day	Times	Dates	Price
1	Wed	3:00-6:00pm	Feb 4	\$43
2	Wed	3:00-6:00pm	Mar 4	\$43

Register online at [www.natickma.gov/recreation](http://www.natickma.gov/recreation)

**SENSORY DAY****Location:** Cole Center

Take a couple hours to learn and explore some of the different sensory input activities great for all children. This is for any child as long as he/she is with an adult who can support them. This is not a drop-off event. \$5 per child.

S#	Day	Times	Dates	Price
1	Sun	2:00-6:00pm	Jan 4	\$5

Register in person at the door

**ARCHERY (Ages 10-14)****Instructor:** On the Mark Archery staff**Location:** East School Gym, 90 Oak Street, Natick

Natick Recreation and Parks Department has partnered with “On the Mark Archery” to provide a wonderful introduction to archery. Participants will learn the fundamentals of archery; including safety, skill technique, range procedures and scoring. On the Mark Archery will provide all equipment. (4 wks)

S#	Day	Times	Dates	Price
01	Mon	5:30-6:30pm	Jan 5-Feb 2	\$94
02	Mon	6:30-7:30pm	Jan 5-Feb 2	\$94

No class on Jan 19

Register online at [www.natickma.gov/recreation](http://www.natickma.gov/recreation)

**ART • START WITH ART (Grades K-6)****Instructor:** Christine Van**Location:** Cole Center

Be inspired by famous artists. We will work with watercolor paints, acrylic paints, oil pastels, pencils, markers and more. Students will explore sculpture, drawing, printmaking and painting. Our class is centered on each child's creativity and individuality. \$135/session, 5 wks/session

S#	Day	Times	Dates	Grades
01	Mon	4:00-5:00pm	Jan 5-Feb 9	3-6
02	Thu	4:00-5:00pm	Jan 8-Feb 5	K-2

No class Jan 19

Register online at [www.natickma.gov/recreation](http://www.natickma.gov/recreation)

**ART • VALENTINES DAY WORKSHOP (Grades K-6)****Instructor:** Christine Van**Location:** Cole Center

This is a 2-hour, fun-filled art workshop using Valentine's Day as the main theme. The young artists will tap their creative sides using a variety of mediums.

S#	Day	Times	Dates	Price
01	Thu	3:30-5:30pm	Feb 12	\$40

Register online at [www.natickma.gov/recreation](http://www.natickma.gov/recreation)

**BRICKS 4 KIDZ: Plastic Bricks and Motors (Ages 6-10)****Instructor:** Bricks 4 Kidz staff**Location:** Cole Center

Bricks 4 Kidz class offers a hands-on experience where students will build machines, buildings, vehicles and other structures using LEGO components that include bricks, gears, axles, motors and more. New models each week and each session. Participants will explore the principles of engineering, architecture, physics and more first hand. (6 wks)

S#	Day	Times	Dates	Price
01	Tue	4:45-5:45pm	Jan 20-Mar 3	\$96

No class Feb 17

Register online at [www.natickma.gov/recreation](http://www.natickma.gov/recreation)

**PLAY TENNIS AMERICA (Grades 3-7)****Instructor:** Natick Racquet Club Staff**Location:** Natick Racquet Club, 16 Michigan Drive, Natick

Basic fundamentals taught for beginners and advance beginners only, no advanced players. \$96/6 wks/session

S#	Day	Times	Dates	Grades
01	Sun	5-6:00pm	Jan 4-Feb 8	3 & 4
02	Sun	6-7:00pm	Jan 4-Feb 8	5-7
03	Sun	5-6:00pm	Mar 1-Apr 12	3 & 4
04	Sun	6-7:00pm	Mar 1-Apr 12	5-7

No class Apr 5

Register online at [www.natickma.gov/recreation](http://www.natickma.gov/recreation)

**STORYBOOK THEATER (Grades K-1)****Instructor:** Cindy Wright**Location:** Cole Center

An introduction to theater: By bringing a family story to life, children will develop acting skills, build self-confidence and learn to work as a team.

A short, informal performance will be held at the last class. (6 wks)

S#	Day	Times	Dates	Price
01	Fri	3:30-4:30pm	Jan 9-Feb 13	\$76

Register online at [www.natickma.gov/recreation](http://www.natickma.gov/recreation)

**INTRO TO MUSICAL THEATER (Grades 2-4)****Instructor:** Cindy Wright**Location:** Cole Center

Children will develop acting, musical and dance skills as they prepare for a short musical theatre performance on the last class. (9 wks)

S#	Day	Times	Dates	Price
01	Fri	4:30-6:00pm	Jan 9-Mar 13	\$110

No class Feb 20

Register online at [www.natickma.gov/recreation](http://www.natickma.gov/recreation)

**ROBOTICS • "JUNGLE ROBOT" (Ages 8 & up)****Instructor:** Ed Harrow**Location:** Cole Center

Participants will combine learning and fun while building a sound-activated "Jungle Robot". The robot can be assembled to walk or travel hand-over-hand. Program provides a great introduction to the understanding of geared mechanisms, learning the basics of circuits on electronic components while you work with gears, wheels, levers, motors, and sensors. No prior knowledge is needed. (5 wks)

S#	Day	Times	Dates	Price
01	Mon	3:30-5:00pm	Jan 5-Feb 9	\$140

No class Jan 19

Register online at [www.natickma.gov/recreation](http://www.natickma.gov/recreation)

**THUNDERCATS SPORTS JAM (Grades K-1)****Instructor:** Thundercats Coaching Staff**Location:** Cole Center

Baseball, basketball and soccer will be the core sports in which some skills will be emphasized. Program is co-ed and everyone should wear comfortable clothes, sneakers and bring a water bottle. (5 wks)

S#	Day	Times	Dates	Price
01	Thu	3:30-4:30pm	Jan 8-Feb 5	\$75

Register online at [www.natickma.gov/recreation](http://www.natickma.gov/recreation)

**THUNDERCATS SPORTS • FLOOR HOCKEY (Grades 2 & 3)****Instructor:** Thundercats Coaching Staff**Location:** Cole Center

Come learn the fundamentals of floor hockey including puck/ball handling, shooting, passing, defense and more. Program is co-ed and each participant should bring a water bottle. (5 wks)

S#	Day	Times	Dates	Price
01	Thu	4:30-5:30pm	Jan 8-Feb 5	\$75

Register online at [www.natickma.gov/recreation](http://www.natickma.gov/recreation)

### BIRTHDAY PARTIES COLE CENTER

**Want to host your party with us?**

- Up to 2 hours of party time in our Games Room (Air Hockey, Foos Ball, Ping Pong, TV etc.)
- Up to 1 hour available gym time (sports, tumbling, Bounce House, and games equipment included).
- Supervised by two recreation staff members

Sundays ONLY 12:30-2:30pm or 3:00 -5:00pm.

Fee: \$175 for the 2 hours

*You supply your own paper goods, cake, and refreshments.*

*Rental is space and equipment only.*



# NCOF Farm Programs

## AFTERSCHOOL FARMERS (Grades K + 1)

**Location:** Natick Community Organic Farm

This program will involve students in our everyday Farm operations, from animal chores to maple sugaring. Memorial students will be walked over from Memorial by Farm staff. Please indicate in the "notes" section of the on-line registration. No program on Natick Early Release Days.

S#	Day	Times	Dates	Price/M
01	Mon	3:15-4:45pm	Nov 10-Jan 12	\$204/\$168
02	Mon	3:15-4:45pm	Jan 26 - Mar 23	\$204/\$168

No program on Dec 1, Dec 29, Jan 19, Feb 16,

M Price=NCOF member price

Register online at [www.natickfarm.org](http://www.natickfarm.org)

## AFTERSCHOOL FARMERS (Grades 2-4)

**Location:** Natick Community Organic Farm

This program will involve students in our everyday Farm operations, from animal chores to harvesting to maple sugaring. Memorial students will be walked over from Memorial by Farm staff. Please indicate in the "Notes" section of the on-line registration. No program on Natick Early Release Days.

S#	Day	Times	Dates	Price/M
01	Thu	3:15-4:45pm	Nov 20-Jan 29	\$204 /\$168
02	Thu	3:15-4:45pm	Feb 5-Apr 2	\$204/\$168

No program on Nov 27, Dec 25, Jan 1, Feb 19

M Price=NCOF member price

All registration takes place online at [www.natickfarm.org](http://www.natickfarm.org)

## AFTERSCHOOL IN THE WOODS (Grades K-4)

**Location:** Natick Community Organic Farm

Let's reclaim our woods for afternoon play and exploration. There will be time for hikes, wood working and building shelters. Memorial students will be walked over from Memorial by Farm staff.

S#	Day	Times	Dates	Price/M
01	Wed	3:15-4:45pm	Dec 3-Feb 25	\$204/\$168

No program on Nov 27, Dec 25, Jan 1, Feb 19

M Price=NCOF member price

All registration takes place online at [www.natickfarm.org](http://www.natickfarm.org)

**PRIORITY-REGISTRATION  
FOR NCOF SUMMER PROGRAMS  
WILL OPEN JANUARY 15, 2015  
(membership \$100 +)**

Forest Explorers: ages 3 - 5  
Budding Farmers: ages 4 + 5  
Young Farmers: ages 6 + 7  
Growing Farmers: ages 8 + 9  
Junior Working Farmers: ages 10 + 11

# Vacation NCOF Farm

## FEBRUARY VACATION FARMERS (Grades K-4)

**Location:** Natick Community Organic Farm

Experience the Farm in winter. Care for the animals, enjoy the warmth of the greenhouse, learn winter crafts, make yummy treats and explore winter in the woods. You'll be part of the opening maple sugaring season. Help tap the sugar maples if the weather is right.

S#	Day	Times	Dates	Price/M
01	Tue-Fri	9:00am-noon	Feb 17-20	\$204/\$168
02	Tue-Fri	1- 4:00pm	Feb 17-20	\$204/\$168

M Price=NCOF member price

Register online at [www.natickfarm.org](http://www.natickfarm.org)

## FEBRUARY VACATION WORK EXPERIENCE (Grades 5-8)

**Location:** Natick Community Organic Farm

Middle School students are invited to join the Farm staff during February Vacation to help with our maple sugaring operation, work in the greenhouses, care for our animals and their new arrivals, and help with maintenance. Students will be involved in all aspects of our maple.

S#	Day	Times	Dates	Price/ M
01	Tue-Fri	8:30am-noon	Feb 17-20	\$210/\$168
02	Tue-Fri	1-4:30pm	Feb 17-20	\$210/\$168

M Price=NCOF member price

Register online at [www.natickfarm.org](http://www.natickfarm.org)

## MAPLE SUGARING TOURS

**Pre-registration required.**

**(Families, individuals, scouts and schools)**

**Location:** Natick Community Organic Farm

**Learn how sap is turned into maple syrup, watch sap drip into the buckets and enjoy the sweet smells of this New England Tradition. Tours take 45 minutes. We cannot guarantee boiling!**

S#	Day	Times	Dates	Price
01	Mon-Fri	1:00-1:45pm	Feb 23-Mar 27	\$7
02	Mon-Fri	3:30-4:15pm	Feb 23-Mar 27	\$7
03	Mon-Fri	4:15-5:00pm	Feb 23-Mar 27	\$7
04	Sat	10-10:45am	Feb 28-Mar 28	\$7
05	Sat	11-11:45am	Feb 28-Mar 28	\$7

**Visit [www.natickfarm.org](http://www.natickfarm.org) for complete details  
for information and to register for programs.**

**To inquire about our many  
scout and school programs  
please contact Christine Schell  
at [christine@natickfarm.org](mailto:christine@natickfarm.org)**

# Adults

## READY, SET DANCE (Adults)

**Instructors:** Judy Forman and Helen Thomas

**Location:** Cole Center Gym

Get in shape. Creative low and hi impact moves and great music. High-energy workout! Come join the fun! (12 wks)

S#	Day	Times	Dates	Price
01	Tue & Thu	6:15-7:15pm	Jan 6-Mar 26	\$145/2 nights \$95/1 night

Register online at [www.natickma.gov/recreation](http://www.natickma.gov/recreation)

## ARCHERY (Ages 15 and Up)

**Instructor:** On the Mark Archery staff

**Location:** East School, 90 Oak Street, Natick

On the Mark Archery to provide a wonderful introduction to archery. Participants will learn the fundamentals of archery; including safety, skill technique, range procedures and scoring. Equipment provided. (4 wks)

S#	Day	Times	Dates	Price
01	Mon	7:30-8:30pm	Jan 5-Feb 2	\$94

No class Jan 19

Register online at [www.natickma.gov/recreation](http://www.natickma.gov/recreation)

## PLAY TENNIS AMERICA (Adults)

**Instructor:** Natick Racquet Club Staff

**Location:** Natick Racquet Club, 16 Michigan Drive, Natick

Basic fundamentals taught for beginners and advance beginners only, no advanced players. (6 wks)

S#	Day	Times	Dates	Price
01	Sun	7:00-8:00pm	Jan 4-Feb 8	\$96
02	Sun	7:00-8:00pm	Mar 1-Apr 12	\$96

No class Apr 5

Register online at [www.natickma.gov/recreation](http://www.natickma.gov/recreation)

## CO-ED VOLLEYBALL (Ages HS grad & older)

**Location:** Community Senior Center, 117 E. Central Street

Players must be out of high school. Participants will play pick-up volleyball each week. (23 wks)

S#	Day	Times	Dates	Price
01	Wed	6:30-8:30pm	Jan 7-Jun 10	\$98

Register online at [www.natickma.gov/recreation](http://www.natickma.gov/recreation)

## TAI CHI - Beginner and Advanced (Adults)

**Instructor:** Jon Woodward, Certified Tai Chi Instructor

**Location:** Cole Center Gym

Tai Chi is an ancient form of Chinese exercise consisting of slow, beautiful, relaxed meditative movements. Tai Chi is serenity through gentle movements-connecting the mind and body! (10 wks)

S#	Day	Times	Dates	Price
BEG	Mon	6:30-7:30pm	Jan 5-Mar 23	\$81
ADV	Mon	7:45-8:45pm	Jan 5-Mar 23	\$81

No class Jan 19, Feb 16

Register online at [www.natickma.gov/recreation](http://www.natickma.gov/recreation)

## MENS OVER 50 BASKETBALL (Adults, 50 & up)

**Location:** Community-Senior Center Gym

Pick-up game format will be used, Pre-registration is a must. (21 wks)

S#	Day	Times	Dates	Price
01	Tue	7:00-8:00pm	Jan 6-May 26	\$48

Register online at [www.natickma.gov/recreation](http://www.natickma.gov/recreation)

## MENS OVER 30 BASKETBALL (Adults, 30 & up)

**Pick-up game format. Pre-registration is a must. (20 or 21 wks)**

### SESSION 1: Kennedy Middle School gym

S#	Day	Times	Dates	Price
01	Tue	7:00-8:30pm	Jan 6-May 26	\$66 / 20wks

No class Mar 31

### SESSION 2: Community-Senior Center Gym

S#	Day	Times	Dates	Price
02	Thu	7:00-8:30pm	Jan 8-May 28	\$69 / 21 wks

For both sessions: Register online at [www.natickma.gov/recreation](http://www.natickma.gov/recreation)

## WOMEN'S OPEN GYM BASKETBALL (Adults-HS grad & older)

**Location:** Kennedy Middle School Gym

Pick-up game format will be used, Pre-registration is a must. (12 wks)

S#	Day	Times	Dates	Price
01	Wed	7:00-8:30pm	Mar 4-May 20	\$42

Register online at [www.natickma.gov/recreation](http://www.natickma.gov/recreation)

## FIRST AID AND CPR CERTIFICATION (18+)

**Instructor:** Juanita Allen, EMT and CPR & First Aid Instructor

**Location:** Community-Senior Center (117 E. Central St)

This American Heart Association course meets the requirements of child-care providers, teachers, foster care workers, camp counselors, scout leaders, coaches, etc. Certification is good for 2 years.

S#	Day	Times	Dates	Price
1	Wed	6:30-9:00pm	Feb 4	\$68
2	Wed	6:30-9:00pm	Mar 4	\$68

Register online at [www.natickma.gov/recreation](http://www.natickma.gov/recreation)

## BEYOND FITNESS (18+)

**Instructor:** Joanne Schmalenberger

**Location:** Community-Senior Center

Beyond Cardio muscle flexibility. Come experience THE ONLY exercise to work every cell of your body— rebounding. Joanne is a master trainer and educator.

S#	Day	Times	Dates	Price
M1	Mon	5:15-6:15pm	Jan 5-Mar 30	\$15/class
W1	Wed	5:15-6:15pm	Jan 7-April 1	\$15/class
S1	Sat	8:30-9:30am	Jan 3-Mar 28	\$15/class

(No Class Jan 19, Feb 16)

Pre-paid punch cards for class visit will be used. Punch cards can be purchased online at [www.natickma.gov/recreation](http://www.natickma.gov/recreation) or available for purchase in class. \*\$15 single visit, \$63/5 classes or \$96/10 Classes.

# Skyline

## DINNER, MOVIE, AND GAMES (Teens and Adults)

### Location: Cole Center

Join Marylou and Chris for dinner and dessert while playing games and watching movies on the big TV.

S#	Day	Times	Dates	Price
1	Fri	5:30-9:00pm	Jan 30	\$20
2	Fri	5:30-9:00pm	Feb 13	\$20
3	Fri	5:30-9:00pm	Mar 27	\$20

Register online at [www.natickma.gov/recreation](http://www.natickma.gov/recreation) or in person

## COFFEEHOUSE (All Ages)

### Location: Cole Center

Belt out your favorite song with Karaoke man Dennis Porter and friends. Pizza, drinks, and a dessert/fruit will be available throughout the night.

S#	Day	Times	Dates	Price
1	Fri	6:30-9:30pm	Jan 16	\$18
2	Fri	6:30-9:30pm	Feb 27	\$18

Register online at [www.natickma.gov/recreation](http://www.natickma.gov/recreation) or in person

## TICKET TO ADVENTURE (Teens and Adults)

### Location: Meet at the Cole Center

Enjoy 6 Saturday nights out with an event and dinner every time! Embark on new adventures with your favorite Friends.

S#	Day	Times	Dates	Price
1	Sat	5:30-10:30pm	1/10,1/24,2/7, 2/21,3/7,3/21	\$260

Register online at [www.natickma.gov/recreation](http://www.natickma.gov/recreation) or in person

## FRIDAY NIGHT LIVE (Teens and Adults)

### Location: Cole Center

It's easy to get off the couch on Friday nights with this program. Enjoy four Friday nights out with different events in the surrounding towns. Time is subject to change. You will be notified prior to the date of any changes.

S#	Day	Times	Dates	Price
1	Fri	6:30-9:30pm	1/9,1/23,3/06,3/20	\$96

Register online at [www.natickma.gov/recreation](http://www.natickma.gov/recreation) or in person

## STRETCH WHAT MATTERS YOGA (13 and up)

**\*Please note the time change**

**Instructor: Stretch What Matters Instructor**

**Location: Roots & Wings, 317 North Main St., Natick**

This class is for all abilities. Yoga is the perfect way to end a Tuesday night. Students who benefit from additional support are welcomed to participate with no extra cost.

S#	Day	Times	Dates	Price
1	Tue	*4:45-5:45pm	Jan 6-Feb10	\$96
2	Tue	*4:45-5:45pm	Feb24-Mar 31	\$96

Register online at [www.natickma.gov/recreation](http://www.natickma.gov/recreation) or in person

## HOLIDAY CHEER (Teens and Adults)

### Location: Cole Center

Come hang out with your Friends while you are enjoying the "Holiday Spirit" that is December. We will have some Holiday games and movies as well as music, crafts, and Chinese food.

S#	Day	Times	Dates	Price
1	Sat	6:00-9:00pm	Dec 13	\$25

Register online at [www.natickma.gov/recreation](http://www.natickma.gov/recreation) or in person

## FROZEN ON ICE (Teens and Adults)

### Location: Cole Center

Come join us as we travel to T.D. Garden to see *Frozen* come to life on ice. Bring some money for the concessions.

S#	Day	Times	Dates	Price
1	Mon	1:30-6:00pm	Feb 16	\$72

Register online at [www.natickma.gov/recreation](http://www.natickma.gov/recreation) or in person

## ST. PATRICKS DAY DANCE (Teens and Adults)

### Location: Cole Center

Come eat, dance, and hang out for this St. Patrick's Day celebration! Don't forget to wear green!

S#	Day	Times	Dates	Price
1	Fri	6:00-9:00pm	Mar 13	Free

Register online at [www.natickma.gov/recreation](http://www.natickma.gov/recreation) or in person

## SNOWBALL DANCE (All Ages)

**Location: Community Senior Center, 117 East Central Street Natick**

It's that time of year again, where we dress up in our finest clothes and head out to dinner and dancing for our Path Snowball Dance. We love to celebrate all the love in our programs, by making this our Valentine's Day Dance. 6:30-7:00pm dinner will be served and then dancing and door prizes will follow 7:00-9:00pm.

S#	Day	Times	Dates	Price
1	Fri	6:00-9:00pm	Feb 6	\$20
2	Fri	6:00-7:00pm	Feb 6	\$10
3	Fri	7:00-9:00pm	Feb 6	\$10

Register online at [www.natickma.gov/recreation](http://www.natickma.gov/recreation) or in person

## SENSORY DAY

### Location: Cole Center

Take a couple hours to learn and explore some of the different sensory input activities-great for all children. This is for any child as long as he/she is with an adult who can support them. This is not a drop-off event. \$5 per child.

S#	Day	Times	Dates	Price
1	Sun	2:00-6:00pm	Jan 4	\$5

Register in person at the door.

## ARROWHEAD KIDS CLUB

### Location: Cole Center

All school year long we think about summer and hanging with our friends at Camp Arrowhead. We think it is time to bring back a taste of summer to our winter season. Join your Arrowhead Friends at the Cole center where we will sing songs, do crafts, hang out, play in the gym, and catch up on the past few months.

S#	Day	Times	Dates	Price
1	Sat	1:00-4:00pm	Dec 27	\$20

Register online at [www.natickma.gov/recreation](http://www.natickma.gov/recreation) or in person

## NEW YOUTH BOOK CLUB (All school -aged children)

### Location: Cole Center

Who doesn't love imagining you are in a book and traveling to far off lands? Each week listen to a different book, read by the staff, and participate in an activity related to the book. (6wks)

S#	Day	Times	Dates	Price
1	Thu	4:00-5:00pm	Jan 8-Feb 12	\$66

Register online at [www.natickma.gov/recreation](http://www.natickma.gov/recreation) or in person

## VACATIONERS (school-aged children)

### Location: Cole Center

It is hard to go a whole week without school and programs. Join us as we go on different adventures or host events at the Cole center over the school vacations. This program is meant for inclusion. Pick one or pick all, the choice is yours.

## VACATIONERS: BOWLING AND LUNCH

### Location: Meet at the Cole Center

A classic vacationers favorite is going to Ryan's Family Amusement for some bowling and then heading out to lunch.

S#	Day	Times	Dates	Price
1	Fri	9:30am-1:00pm	Dec 26	\$28

Register online at [www.natickma.gov/recreation](http://www.natickma.gov/recreation) or in person

## VACATIONERS: Chocolate and Gym

### Location: Cole Center

From 1-3:00pm learn about chocolate and experience what it's like to have a career as a chocolatier. Between the history of chocolate, tasting different varieties, and decorating a chocolate item of your choice you will sure have built up energy to then get out in our 1 hour of open gym from 3:00-4:00pm.

S#	Day	Times	Dates	Price
2	Mon	1:00-4:00pm	Dec 29	\$38

Register online at [www.natickma.gov/recreation](http://www.natickma.gov/recreation) or in person

## VACATIONERS: New Year's Eve Party

### Location: Cole Center

Let's get together to celebrate the last of the year and the beginning of the year to come. We will have art projects, read books, host a dance party, and have some pizza and dessert.

S#	Day	Times	Dates	Price
3	Tue	9:00am-3:00pm	Dec 30	\$55

Register online at [www.natickma.gov/recreation](http://www.natickma.gov/recreation) or in person

## VACATIONERS: Disney Day

### Location: Cole Center

Come join us as we hang out at the recreation department and dedicate our entire day to Disney! We will watch a movie, read stories, do Disney art projects, and even do a Mulan obstacle course! An entire day of Disney sounds like the best way to celebrate a cold wintery vacation.

S#	Day	Times	Dates	Price
4	Fri	9:00am-3:00pm	Jan 2	\$55

Register online at [www.natickma.gov/recreation](http://www.natickma.gov/recreation) or in person

## VACATIONERS: Zumba

### Instructor: Jayne Carney

### Location: East School

Learn the Latin inspired dance/fitness program that blends music with fun dance steps to form a "fitness party".

S#	Day	Times	Dates	Price
5	Mon	11:30am-12:15pm	Feb 16	\$15

Register online at [www.natickma.gov/recreation](http://www.natickma.gov/recreation) or in person

## VACATIONERS: Frozen on Ice

### Location: Meet at the Cole Center

Disney's FROZEN is now in Boston! Join us as we take a seat at the coolest show around.

S#	Day	Times	Dates	Price
6	Wed	1:00-5:00pm	Feb 18	\$88

Register online at [www.natickma.gov/recreation](http://www.natickma.gov/recreation) or in person

## VACATIONERS: Because It Feels Cool Art

### Location: Cole Center

Don't be afraid to get your hands a little messy while we do a few art projects.

S#	Day	Times	Dates	Price
7	Fri	10:00am-12:00pm	Feb 20	\$18

Register online at [www.natickma.gov/recreation](http://www.natickma.gov/recreation) or in person.



# Skyline

## SPECTACULAR SATURDAYS

(These Saturday Programs are from Sat Jan 3- Mar 14)

Teens and Adults)

This 9-week program is an all day event that Skyline has been hosting for many years. You can pick one program or all day. You may only choose one program from each time slot and choices are for all 9 weeks. Register for all Spectacular Saturday classes online at [www.natickma.gov/recreation](http://www.natickma.gov/recreation) or in person.

### COSMIC BOWLING (Teens and Adults)

**Location:** Ryan's Family Amusements 1170 Main Street, Millis

Start your day off right by striking down the pins in Millis with the whole gang.

S#	Day	Times	Dates	Price
1	Sat	9:15-10:45am	Jan 3-Mar 14	\$88

(No class January 17 and February 14)

Register online at [www.natickma.gov/recreation](http://www.natickma.gov/recreation) or in person.

### ZUMBA WITH JAYNE (Teens and Adults)

**Instructor:** Jayne Carney

**Location:** TBD

Learn the Latin inspired dance/fitness program that blends music with fun dance steps to form a "fitness party".

S#	Day	Times	Dates	Price
2A	Sat	11:30-12:15pm	Jan 3-Mar 14	\$87

(No class January 17 and February 14)

Register online at [www.natickma.gov/recreation](http://www.natickma.gov/recreation) or in person.

### HOOPS (Teens and Adults)

**Instructor:** Coach David Stearns

**Location:** TBD

Let's get geared up and ready for the basketball season to start! Come join David and his family as we learn the basics in basketball and have some scrimmages along the way.

S#	Day	Times	Dates	Price
2B	Sat	11:30-12:15pm	Jan 3-Mar 14	\$87

(No class January 17 and February 14)

Register online at [www.natickma.gov/recreation](http://www.natickma.gov/recreation) or in person



### FUN WITH ART (Teens and Adults)

**Instructor:** Kim Condon

**Location:** Cole Center

Use your imagination and explore many ways to have fun with art.

S#	Day	Times	Dates	Price
2C	Sat	11:30-12:30pm	Jan 3-Mar 14	\$88
3A	Sat	2:00-3:15pm	Jan 3-Mar 14	\$88

(No class January 17 and February 14)

Register online at [www.natickma.gov/recreation](http://www.natickma.gov/recreation) or in person.

### DANCE (Teens and Adults)

**Instructor:** Nancy Kelley

**Location:** Nancy Kelley Dance Studio, 7 Pond St, Natick

Come join in on the fun and learn popular dance moves to catchy songs. (Transportation to the Cole Center after class)

S#	Day	Times	Dates	Price
3B	Sat	2:15-3:00pm	Jan 3-Mar 14	\$87

(No class January 17 and February 14)

Register online at [www.natickma.gov/recreation](http://www.natickma.gov/recreation) or in person.

### SATURDAY'S LUNCH BUNCH (Teens and Adults)

**Location:** Various locations

Join us for lunch as we visit places close by to fuel up before our afternoon programs.

S#	Day	Times	Dates	Price
4	Sat	12:30-1:45pm	Jan 3-Mar 14	\$10. + wk

(No class January 17 and February 14)

Register online at [www.natickma.gov/recreation](http://www.natickma.gov/recreation) or in person.

### SPECTACULAR SATURDAY'S TRANSPORTATION

(Teens and Adults)

**Location:** Various locations

Transportation is provided for Spectacular Saturday from the Cole Center at 8:45am to bowling, then to zumba/art/hoops, then to lunch, and then to either art or dance. The bus will return to the Cole Center after dance.

S#	Day	Times	Dates	Price
	Sat	varies	Jan 3-Mar 14	\$35

(No class January 17 and February 14)

Register online at [www.natickma.gov/recreation](http://www.natickma.gov/recreation) or in person.

# Natick Community Organic Farm



NCOF is open every day during daylight hours with no admission fee for visits and purchases. There's so much to do in the winter.

- \* tasty fresh greenhouse-grown mesclun for sale
- \* educational, vacation, and scouting programs for youth and adults (see page 22 for listings)
- \* farm animals
- \* priority summer program registration opens January 15
- \* maple sugaring & sugaring tours, February and March
- \* Maple Magic Day, March 7
- \* volunteer and community service opportunities
- \* birthday party rentals

## FOREST GNOMES, A WALDKINDERGARTEN PROGRAM OPEN HOUSE JANUARY 29 7-7:45 PM

Interested in the Farm's year round,  
outdoor Waldkindergarten program for 3-6 year-old children?  
Please join us for our Forest Gnomes Information Night!

## MAPLE SUGARING TOURS

(Families, individuals, scouts and schools)

Location: Natick Community Organic Farm

Learn how sap is turned into maple syrup, watch sap drip into the buckets and enjoy the sweet smells of this New England Tradition. Tours take 45 minutes. We cannot guarantee boiling!

S#	Day	Times	Dates	Price
01	Mon-Fri	1:00-1:45pm	Feb 23-Mar 27	\$7
02	Mon-Fri	3:30-4:15pm	Feb 23-Mar 27	\$7
03	Mon-Fri	4:15-5:00pm	Feb 23-Mar 27	\$7
04	Sat	10-10:45 am	Feb 28-Mar 28	\$7
05	Sat	11-11:45am	Feb 28-Mar 28	\$7

Pre-registration required.

Visit [www.natickfarm.org](http://www.natickfarm.org) for complete details  
for information and to register for programs.

## MAPLE MAGIC PAST AND PRESENT AT NATICK COMMUNITY ORGANIC FARM

March 8, 2015

### PANCAKE BREAKFAST

8 AM-11 AM @ Memorial School, across from NCOF

Wheat and glutenfree pancakes & real syrup

Live band, Agricultural demonstrations, Raffle

Members \$8, kids 4-8, \$4

Nonmembers \$10, kids 4-8, \$5

free for children under 3

### SUGARING TOURS

9 AM -3 PM at NCOF

Native American, Colonial, and Modern-Day  
sugaring demonstrations

Lunch and snacks for sale

\$7 per person, \$6 with breakfast admission

free for babes in arms

*Walk, bike, or take our shuttle from the South Natick baseball fields  
and save \$1 off admission.*

## NATICK COMMUNITY ORGANIC FARM STAFF

Lynda Simkins, Farm Director

Casey Townsend, Assistant Farm Director

Patricia Umbrell, Farm Administrative Assistant

Regina Wolf Fritz, Public Program Coordinator

Christine Schell, Coordinator for Schools,  
Scouts and Volunteers

Marcy Bailey, Membership

Jon Young, Summer Program Coordinator

## NATICK COMMUNITY ORGANIC FARM

117 Eliot Street ~ Natick, MA 01760 ~ Phone (508) 655-2204

# Human Services

## FUEL ASSISTANCE 2014-2015 Winter Season

Natick Human Services & Council on Aging will be helping Natick residents complete applications for the Low Income Home Energy Assistance Program (LIHEAP). Applicants may be Natick residents of any age, home owners or renters, pay for their own heat or in some circumstances have it included in their rent, and may use any type of heating fuel. Individuals and families may qualify for fuel assistance if the combined total gross annual income of all household members over the age of 18 is within the new 2014 income guidelines.

If you are over income for the LIHEAP program, you may be eligible for fuel assistance through the Salvation Army's Good Neighbor Energy Fund (GNEF). Income guidelines will be available in December and applications can be submitted after January 1st.

Please call Debbie Budd, Outreach Coordinator, at the CSC (508) 647-6540 with any questions about fuel assistance, income eligibility guidelines or to schedule an appointment to complete an application.

## SNAP SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM Food Stamp Benefits

The Supplemental Nutrition Assistance Program (SNAP) helps low income individuals and families purchase healthy, nutritious food. For those who are eligible, the monthly benefit will be based on the number of people living in the household, household income and allowable expenses.

Project Bread's "getting SNAP.org" website, [www.getting-foodstamps.org](http://www.getting-foodstamps.org), has a food stamp calculator which can help determine one's eligibility for SNAP benefits. The website also has links for applying for benefits online. If you would like assistance in finding out if you're eligible or would like help completing an application, please call Debbie Budd, Outreach Coordinator, at (508) 647-6540.

## EARNED INCOME TAX CREDIT & CHILD TAX CREDIT

The Earned Income Tax Credit (EIC) is a tax benefit for working people who are qualified as low to moderate income. EIC has several important purposes: to offset taxes, to supplement low wages, and to provide a work incentive.

### Some highlights of the program:

- You may qualify if you worked in 2014, full or part time, and had children living with you for more than half of the year
- Even if you don't owe income tax you can get the credit
- For EIC: Children must be under 19 years old in 2014, or under 24 years old for full time students
- Children of any age who are permanently and totally disabled may also be qualifying children
- If you do not have children living with you, you may be able to claim EIC, if you were between the ages of 25-64 on December 30, 2014
- For the Child Tax Credit (CTC): Children must be under 17 years for all of 2014

EIC isn't counted as income in determining eligibility for any federally-funded program, including cash assistance, MassHealth, food stamps, SSI or public housing. Refunds do not count against resource limits for any federally funded program for 12 months after the refund is received.

During the tax season, our AARP Tax Preparers are available to assist you in determining your eligibility for these tax credits. Contact the Community-Senior Center at (508) 647-6540 beginning January 26, 2015 to schedule an appointment.

## ALL YOU EVER WANTED TO KNOW ABOUT THE COMMUNITY-SENIOR CENTER

Instructor: Debbie Budd, Outreach Coordinator

Day	Times	Dates	Price
Thu	5:00pm	Dec 18	free
Thu	3:00pm	Jan 15	free
Thu	5:00pm	Feb 19	free

Call the CSC at 508-647-6540 to register or online at [www.myactivecenter.com](http://www.myactivecenter.com).

## HUMAN SERVICES

117 East Central Street ~ Natick, MA 01760 ~ Phone:(508) 647-6519

# Support Groups

## BLOOD PRESSURE CLINICS GROUP

Provided by Natick VNA and Distinguished Care Options and Long-term Solutions. **FREE**

Day	Times	Dates	Price
Wed	1:30pm	12/10, 1/14, 1/28, 2/11, 2/25	free

To register call (508) 647-6540 or online at [www.myactivecenter.com](http://www.myactivecenter.com)

## CAREGIVER SUPPORT GROUP AND COFFEE HOUR

**Location: CSC**

This group is designed to help family caregivers practice self-care while caring for a relative or friend whether living at home or in a nursing facility. Meets on the third Thursday of each month. *This is temporarily a peer-facilitated program.*

Day	Times	Dates	Price
Thu	10-11:00am	12/18, 1/15, 2/19	free

Call the CSC at (508) 647-6540 to register in advance or online at [www.myactivecenter.com](http://www.myactivecenter.com).

## DIABETES SELF MANAGEMENT GROUP

**Instructor: Joan Hill**

**Location: CSC**

Day	Times	Dates	Price
Tue	10:00am	12/9, 1/13, 2/10	free

Call the CSC at (508) 647-6540 to register or online at [www.myactivecenter.com](http://www.myactivecenter.com).

## LOW VISION SUPPORT GROUP

**Location: CSC**

The Low Vision Group is sponsored by the Massachusetts Association for the Blind and Visually Impaired. For more information about the group please call Laurie Werle, (800) 852-3029. This group is for individuals who are losing their vision and would like to learn from and listen to others' experiences.

Meets on the 4th Friday\* of the month.

Day	Times	Dates	Price
Fri	1:00pm	starts in March*	free

**Please note:** \* This group will **start** meeting again in March.

Call the CSC at (508) 647-6540 to register or online at [www.myactivecenter.com](http://www.myactivecenter.com).

## BUILDING TOWARD RESILIENCY: A PARENT SUPPORT GROUP

Co-facilitated by Cari Ryding, RN, MSN

Offered the second Tuesday of each month

6:30-8:00pm, 12/9, 1/13, 2/10, 3/10.

*Facilitated group for parents & caregivers of children of all ages – FREE!*

A free monthly facilitated support group to assist parents in developing tools of resiliency, self care and communication. Learn how to build on your family's inherent strengths so that you can become more resilient in the face of challenge. \* Pre-registration required. Please call the CSC (508) 647-6547.

In partnership with SPARK Kindness [www.SparkKindness.org](http://www.SparkKindness.org).

*Parenting from a strengths-based perspective so that children & caregivers can thrive.*

## BEREAVEMENT

Natick Human Services and COA is offering a monthly bereavement support group for people who have lost a loved one. We recognize that grieving the loss of someone close is a highly personalized journey, but that there are common feelings and experiences associated with the bereavement process. Evidence shows that participating in a bereavement group can help facilitate the healing process. When those who are grieving recognize that they are not alone, coping more constructively often takes place. The groups at the COA will be offered on a drop in basis the first Tuesday of every month beginning 1/6/15. They will be co-facilitated by Charlotte Cohen and Muriel SternRiseman, both experienced bereavement volunteers trained through Parmenter Community Health Care of Wayland. To register call (508) 647-6540.

Call the CSC at (508) 647-6540 to register or online at [www.myactivecenter.com](http://www.myactivecenter.com).

## HUMAN SERVICES

117 East Central Street ~ Natick, MA 01760 ~ Phone (508) 647-6519



# Council On Aging

We seek to provide information and support to those aging in our community. Council on Aging staff welcome you to call for an appointment should you find yourself in need of support or assistance.

## WINTER SAFETY RECOMMENDATIONS

Be prepared for emergency conditions this winter by reviewing the Federal Emergency Management Agency's recommendations for a home emergency kit.

### Emergency supplies

FEMA advises every household to assemble an emergency preparedness kit which includes:

- three days of water and food for each household member
- manual can opener
- flashlight and batteries
- battery operated radio
- first aid kit, dust masks and moist towelettes
- charged cell phone

You may also want to include prescriptions, cash, matches, paper cups and plates, a spare pair of eyeglasses, a blanket and change of clothing, and keep your important papers in a waterproof, portable container. You should have phone numbers of family members and neighbors programmed in your phone AND written down. FEMA recommends that people stay informed via emergency radio and TV. If you would like more information on emergency preparedness, go to [www.ready.gov](http://www.ready.gov) or download a copy of FEMA's guide: *'Are You Ready?' The Town of Natick has a Code Red system in which emergency response team town officials alert residents of emergency situations such as severe weather or hazardous traffic and road conditions. You can register for these alerts either online at [natickma.gov](http://natickma.gov) or by calling Marylee Watkins at the Natick Police Department at (508)647-9511 to register by phone.*

*You can also register for a Facebook or Twitter account and receive emergency notices from the Natick Police Department. If you need assistance with obtaining items for your emergency kit or registering for online accounts, please call the Community-Senior Center at (508) 647-6540.*

## ATTENTION SENIOR HOMEOWNERS & RENTERS

The Massachusetts Circuit Breaker Tax Program is for persons 65 or over whose property taxes (or 25% of rent) exceed 10% of their annual gross income and who meet other qualifying criteria. You may be eligible even if you receive a property tax exemption through the town.

If you meet certain requirements, you may be eligible for the refundable tax credit or Circuit Breaker now and for the past three years – even if you did not file Massachusetts state income tax forms.

You may file for the 2014 tax year beginning in January 2015 and may also file retroactively, if you had not done so before, for the last three years. The maximum credit you may receive for tax year 2014 has not yet been determined; however, the maximum credit for 2013 is \$1030; for 2012 is \$1000, and for 2011 is \$980.

## DO YOU NEED HELP PREPARING YOUR TAXES?

IRS-trained and certified AARP tax volunteers will be available, by appointment only, to prepare your 2014 Federal and State Income Tax returns beginning in early February. There is no cost for this service.

The program is designed to assist all people of low to middle income tax payers, with special attention given to those age 60 and older.

Tax volunteers are also available to assist older residents who are unable to leave their home due to illness or disability. To arrange for this service, please contact Lorraine at (508) 647-6540.

At the time of your appointment, please come prepared with the following: 2013 Tax Returns, all tax statements reporting your income (including social security), interest income, dividends, pensions, unemployment compensation, capital gains and any other sources of income you may have. Homeowners should bring copies of 2014 real estate tax payments and water/ sewer payments with evidence of payments made.

Tax appointments will be held at the Community-Senior Center. You may schedule your tax appointment beginning on Tuesday, January 26, 2015 by calling (508) 647-6540.

## COUNCIL ON AGING

117 East Central Street ~ Natick, MA 01760 ~ Phone (508) 647-6519

# Veterans' Services

Our team works hard to ensure that our veterans have the information and the support they need to prosper in the community. We focus on serving eligible veterans and in providing a range of information on relevant programs, services, and supports.

**CALL (508) 647-6545**



Photo credit: MetroWest Daily News  
Gerald Halterman, Pearl Harbor Day, 2012.

## HERE'S A LITTLE TASTE OF HOW WE CAN HELP VETERANS IN NEED

Recently an elderly couple asked for help with housing. These lifelong residents of Natick were both suffering from severe health issues, as well as financial difficulties. Assistance was found for the couple by utilizing Chapter 115 benefits, which allow for medical expense reimbursement, prescription co-pays, insurance premiums, and at times even a cash allowance.

Another example is of a homeless Vietnam veteran who was living month-to-month by sleeping on friend's couches. In addition to being homeless, he also had medical problems and needed funds for treatment. The department was able to assist him in obtaining his Chapter 115 benefits and also helped him secure a modest cash allowance.

*Should you need assistance please contact us at (508) 647-6545.*

### MASS VETS ADVISOR

Chapter 115 provides a needs-based means tested program of financial and medical assistance for indigent veterans and their dependents. Qualifying veterans and their dependents receive necessary financial assistance for food, shelter, clothing, housing supplies, and medical care. Contact Paul Carew, Natick VSO at (508) 647-6545, or Sheila Young, Executive Assistant, (508) 647-6545, ext. 1900 for details.

### VETERANS REDUCE YOUR PROPERTY TAX BY \$1,000

Eligible veterans can in exchange for 125 hours of municipal service, earn \$1,000. reduction in their property tax. Eligibility requirements for veterans include that the applicant is:

- a veteran of the U.S. armed services (honorably discharged)
- a Natick resident
- owns and occupies, as a primary residence, the property due to receive a tax reduction

*Staff of the Veterans' Services Division is pleased to assist any interested veteran with this process.*

### MASS VETS ADVISOR – ONLINE

MassVetsAdvisor.org is an easy-to-use online resource created by the Commonwealth of Massachusetts that strives to serve the nearly half-million Veterans living in Massachusetts, and their families, as a bridge to the many benefits that they have earned in defense of our nation. By combining state and federal benefits, as well as non-profit resources into one tailored online search, Veterans and their families now have access to one stop shopping for all of their needs.

Learn the oral stories of Natick veterans  
by visiting the Natick Veterans Oral History Project  
at <http://www.natickvets.org>

### VETERANS' SERVICES

117 East Central Street ~ Natick, MA 01760 ~ Phone:(508) 647-6545

# Recreation & Parks



The Natick Recreation and Parks staff seek to provide the community with comprehensive recreational programming for individuals of all ages and abilities while enhancing our community through people, parks, and programs.

## COLE CENTER

Monday-Friday, 8:00am-5:00pm

179 Boden Lane

Natick, MA 01760

Phone: (508) 647-6530

FAX (508) 647-6535

[www.natickma.gov/recreation](http://www.natickma.gov/recreation)

## YOUTH SPORTS ORGANIZATIONS

Recreation and Parks partners with many youth organizations to make sure the youth in our town get an opportunity to learn a new sport or activity. These youth organizations look to enhance children's self esteem, improve teamwork and keep kids healthy and active. Here is a listing of some of the youth organizations in Natick:

### Natick Comets Hockey Club

[www.natickcomets.com](http://www.natickcomets.com)

### Natick Lacrosse

[www.naticklacrosse.com](http://www.naticklacrosse.com)

### Natick Little League and Youth Softball

[www.natickll.org](http://www.natickll.org)

### Natick Soccer Club

[www.naticksoccer.org](http://www.naticksoccer.org)

### Natick Youth Football and Cheerleading Association

[www.natickyouthfootball.org](http://www.natickyouthfootball.org)

## WILLIAM L. CHASE ICE ARENA

Facilities Management Corporation is currently managing the William L. Chase Arena, hockey leagues, figure skating instruction, and public skating times are available. Please call (508) 655-1013 for more information concerning fall and winter programming opportunities. Rink located at: 35 Windsor Avenue, Natick, MA 01760

## WINTER PUBLIC SKATING Open to All

For more information visit [www.fmcicesports.com](http://www.fmcicesports.com) for more information.

Day	Times	Dates	Price
Sun	2:00-3:20pm	season	\$5/person
Mon-Fri	1:00-2:20pm	season	\$5/person

Skate rentals are available for \$5.00

## WINTER PUBLIC HOCKEY Ages 18 and up

For more information visit [www.fmcicesports.com](http://www.fmcicesports.com).

Day	Times	Dates	Price
Mon-Wed	1:00-2:20pm	season	

## PUBLIC SWIMMING AT KEEFE TECH Open To All

The Natick and Framingham Recreation and Park Departments are proud to provide public swimming on weekends for Natick residents. Youth 12 and under must be accompanied by an adult. Groups of six or more must notify Framingham Recreation at (508) 532-5960 four days in advance to ensure proper lifeguard staffing.

Day	Times	Dates	Price
Sat	2-3:00pm	up till Apr 19	\$2/child, \$4/adult

The pool will not be available for public swim on 12/6 & 12/7, 1/31 & 2/1, and 2/14 & 2/15



## SUMMER CAMPS

Recreation and Parks offers a variety of programs and camps throughout the summer from Day Camps to Adventure Weeks, to summer clinics. There's something for everyone! Keep your eyes open for upcoming registration for the 2015 season.

*No winter lasts forever;  
no spring skips its turn.  
~ Hal Borland*

## CONTACT NATICK PARKS & RECREATION

179 Boden Lane ~ Natick, MA 01760 ~ Phone: (508) 647-6530